

Recreation Programs Summer 2014

CITY OF LAKE FOREST

June, July, August

# Leisure Times



## Life Liberty Lake Forest!

4th of July Parade at 10 am! See page 3 for more info



# LEISURE TIMES INDEX

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For Summer Quarter Holiday and Closed Friday Schedule,  
please visit [www.lakeforestca.gov](http://www.lakeforestca.gov)

## Contact Information

**City Hall 461-3400**

Community Services . . . . 461-3450  
 Etnies Skatepark  
 of Lake Forest . . . . . 916-5870  
[www.etnieskateparkoflakeforest.com](http://www.etnieskateparkoflakeforest.com)  
 Lake Forest Teens . . . . . 461-3446  
[www.LFteens.com](http://www.LFteens.com)  
 Lake Forest Seniors . . . . . 461-3408  
[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors)  
 IVC Emeritus  
 Registration . . . . . 451-5555  
 SVUSD  
 Recreation . . . . . 768-0981, press 3  
 Building Inspection . . . . 461-3470  
 City Clerk . . . . . 461-3420  
 City Council . . . . . 461-3420  
 City Manager's Office . . . 461-3410  
 Community  
 Policing Center . . . . . 461-3548  
 Economic  
 Development . . . . . 461-3567  
 Employment Hotline . . . 461-3418  
 Fields Hotline . . . . . 461-3595  
 Graffiti Hotline . . . . . 461-3583  
 Public Works . . . . . 461-3480

*Front Cover Photo: John McGuire*

## GET THE APPS!

### SUMMER FUN

Download the geocaching app and register for our Geocaching Fun activity this summer! See pages 4 and 40 for more info.



<http://www.geocaching.com/mobile/default.aspx>



**GEOCACHING**

### SKATEPARK

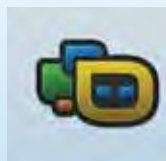
Download Apple or Google Play apps to watch our Labor Day Weekend Skatepark Campout come to life! See page 24 for more info.

Apple



<https://itunes.apple.com/us/app/junaio-augmented-reality-browser/id337415615?mt=8>

Google Play



<https://play.google.com/store/apps/details?id=com.metaio.junaio>



# CITY SPECIAL EVENTS

## Summer Concert Series

Don't miss your chance to be part of a Lake Forest summertime tradition - the Annual Summer Concert Series in the Park! These family-oriented concerts are a summertime favorite and will once again bring City of Lake Forest families together to rock out and dance. Food and refreshments will be available to purchase. For more info, call 461-3450, visit [www.lakeforestca.gov](http://www.lakeforestca.gov), or get involved and view pictures on the City of Lake Forest's special events Facebook page at [facebook.com/LakeForestEvents](https://facebook.com/LakeForestEvents). All concerts are held at Pittsford Park (21701 Pittsford Drive).

### "Space Oddity": Dave Brighton's Tribute to David Bowie with Special Guest Dani Kerry

The City of Lake Forest is kicking off Summer 2014 with a concert featuring music from the legendary David Bowie! David Brighton and his Space Oddity band chronicle all of the international superstar's Ch-Ch-Changes in electrifying Technicolor. Together with the talents of the amazing Space Oddity band, Brighton recreates the greatest moments of Bowie's rockin' career. Brighton's routines bridge three decades of fun and excitement as he recreates megahits like Fame, Young Americans, Let's Dance, and China Girl. The party begins with local rising star Dani Kerry taking the stage. Dani has performed and taught music all over the world, but now she has just released her first EP titled "Back to the Water." She is excited to bring her soul and sound to Lake Forest!



Dave Brighton



Dani Kerry

**All Ages    Jun 29    Sun    5:30-7:30 pm**

### A Flock of Seagulls with Special Guest 80z All Stars

As well-known for their bizarre, teased haircuts as their hit single "I Ran (So Far Away)," A Flock of Seagulls were one of the MTV video rotation staples of the new wave era with heavy rotation of the "I Ran" video in the summer of 1982. Mike Score's outrageous hair style is forever embedded in pop culture. Mike is bringing the band to Lake Forest to headline an unforgettable 80's party, so break out the hairspray! The 80z All Stars have been rocking for over 15 years and are the premiere, most complete 80s tribute act in Southern California. Their high-energy performances have been seen from



A FLOCK OF SEAGULLS



80z All Stars

Orlando to Hawaii to Las Vegas to Cabo San Lucas and everywhere in between. Now they return to Lake Forest, so be ready to relive the days of big hair, bright colors and jelly bracelets, but most importantly, be ready to join in the madness that is an 80z All Stars show!

**All Ages    Jul 27    Sun    5:00-7:30 pm**

### Gregg Rolie Quartet & Special Guest Annaliese Schiersch

Our summer concert series ends with an appearance by a Rock n Roll Legend, Gregg Rolie. He is one of the founding members of the bands Santana, The Storm, Abraxas Pool and Journey, for whom he was the original lead singer. His current project, the Gregg Rolie Quartet, will take you on a Rock n Roll journey as he transcends the music of his entire career. Rolie was inducted into the Rock and Roll Hall of Fame with Santana. Lake Forest is his last stop before he rejoins that legendary band. The special guest for this concert is singer songwriter sensation Annaliese Schiersch. Her music has been described as equal parts indie-pop and folk. Annaliese is a rarity: vulnerable and pensive, engaging and inspiring. Her music has been featured on hit TV shows and she continues to produce original music. Annaliese is looking forward to her Lake Forest appearance and may even bring a friend!

**All Ages    Aug 24    Sun    5:30-7:30 pm**



Gregg Rolie



Annaliese Schiersch

# SUMMER EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Fri., Jun. 13	6-10 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry per person
Sat., Jun. 14	1-5 pm	Dino Day	Nature Park	Free
Fri., Jun. 20	7:30 pm	Movies in the Park~"Wall-E"	Cherry Park	Free
Sat., Jun. 21	10 am-10 pm	Go Skateboarding Day	Etnies Skatepark of Lake Forest	Free
Sun., Jun. 29	4:30-5:30 pm	Demo Day (preview summer programs)	Pittsford Park	Free
Sun., Jun. 29	5:30-7:30 pm	Summer Concert Series~ Dani Kerry and "Space Oddity" (David Bowie Tribute Band)	Pittsford Park	Free
Fri., Jul. 4	10 am-12 pm	 <i>4th of July Parade</i>	Toledo Way to Dayton	Free
Fri., Jul. 11	7:30 pm	Movies in the Park~"The Little Mermaid"	Mountain View Park	Free
Fri., Jul. 18	6-10 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry per person
Sat., Jul. 19	10 am-12 pm	Riverbed Cleanup	Etnies Skatepark of Lake Forest	Free
Sat./Sun., Jul. 19-20	5:30 pm-10 am	Family Campout	Pittsford Park	5\$ per person (\$10 per non-resident)
Fri., Jul. 25	8:30-10 pm	Family Movie Night Fundraiser	Etnies Skatepark of Lake Forest	Free
Sun., Jul. 27	5:00-7:30 pm	Summer Concert Series~ A Flock of Seagulls with Special Guest 80z All Stars	Pittsford Park	Free
Fri., Aug. 1	7:30 pm	Movies in the Park~"The Wizard of Oz"	<b>Baker Ranch Community Park</b>	Free
Fri., Aug. 8	7:30 pm	Movies in the Park~"Space Jam"	Rimgate Park	Free
Fri., Aug. 15	7:30 pm	Movies in the Park~"Despicable Me 2"	El Toro Park	Free
Fri., Aug. 15	6 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry per person
Sun., Aug. 24	5:30-7:30 pm	Summer Concert Series~Gregg Rolie Quartet with Special Guest Annaliese Schiersch	Pittsford Park	Free
Fri./Sat., Aug. 29-30	10 pm-9 am	Labor Day Weekend Skatepark Campout	Etnies Skatepark of Lake Forest	\$30 per person

For more info call 461-3450 or visit our website at [www.lakeforestca.gov](http://www.lakeforestca.gov)

For up-to-date info on City special events, check out [facebook.com/LakeForestEvents](https://facebook.com/LakeForestEvents) and follow us on Twitter



# 4th of July Parade 2014

Friday, July 4th



The 2014 4th of July  
Parade Logo designed  
by Joanna Pallo

Attention one and all! It's time once again to celebrate our great country's independence. The Lake Forest community is proud to present its 23rd Annual 4th of July Parade, and is looking for creative, enthusiastic and patriotic participants to enter the fun! This year's theme is "Life Liberty Lake Forest!"

**All Ages Welcome! Free!**

All parade applications are due by 5:00 pm on Wednesday, June 4th.

- Register online at [www.lakeforestparade.com](http://www.lakeforestparade.com)

## JULY 4TH SCHEDULE OF EVENTS

• 7:00-10:00 am

### Kiwanis Pancake Breakfast

Located in front of El Toro High School gym on Toledo Way.  
Price: \$6 per person

• 7:30 am

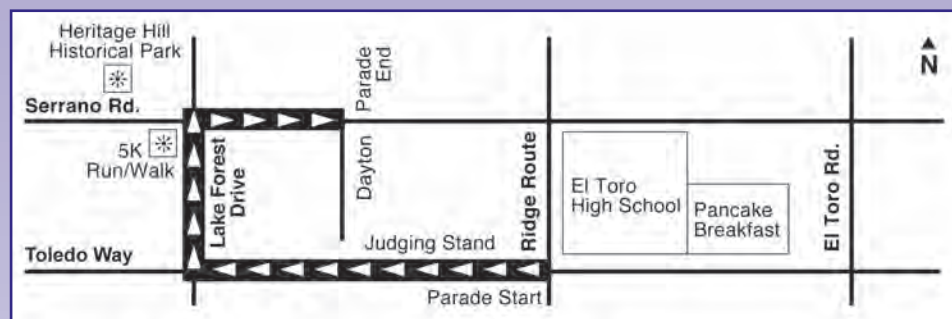
### El Toro High School PSTO Firecracker 5K Run/Walk

Proceeds go to El Toro High School PSTO. Starts and finishes at the corner of Lake Forest Drive & Serrano Road. Registration fees: \$25.00 Adults (by Monday, June 23). \$30.00 Adults (after Monday, June 23) \$10.00 Students of any level. More information available on our website [www.lakeforest5k.org](http://www.lakeforest5k.org)

• 10:00 am

### "Life Liberty Lake Forest!" 4th of July Parade

Parade starts at the corner of Toledo Way and Ridge Route Drive and ends on Serrano at Dayton. For additional information call, the Community Services Department at 461-3450, visit [www.lakeforestparade.com](http://www.lakeforestparade.com), or for up-to-the-minute info, [facebook.com/Lakeforestevents](https://www.facebook.com/Lakeforestevents).



**4th of July  
Parade Route**



Here's your chance to win VIP seating for this year's 4th of July parade! Simply like the City's Facebook page at [www.facebook.com/lakeforestca](https://www.facebook.com/lakeforestca) and post a brief comment about what you look forward to at this year's parade under our "4th of July Facebook Sweepstakes" post. Comments must be posted before June 16. Winners will be randomly selected and notified on Facebook under the Sweepstakes post on June 23.

*Thank you to our  
parade committee  
members!*



## CITY SPECIAL EVENTS continued

### Family Campout at Pittsford Park



Don't miss Camp Pittsford this year! Pack up your family and your tent and camp out in our backyard! The evening will be filled with a hearty dinner of pizza, chicken tenders, and salad as well as delicious s'mores dessert. Enjoy the evening playing games and other activities and singing campfire songs. Wake up to an early morning bagel and donut breakfast at the park. Children must be 4 years or older and must be accompanied by a parent. Check in at 5:30 pm to set up your tent before dinner. Participants must provide their own tents and sleeping bags, and any personal items.

Fee: \$5 per person-Resident  
\$10 per person-Non-Resident

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act #:4397 Families 4 yrs & older Jul 19-20 Sat/Sun 5:30 pm-10:00 am



### Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4383 Adults/Seniors Jun 6 Fri 7:00-9:30 pm

### Friday Night at the Movies

We're having "Movie Nights" at the Community Center. You know how expensive going to the movies can be! We're making going to the movies AFFORDABLE! Staff will serve up hot dogs, popcorn, candy, and a beverage, and, in return, you can sit back and enjoy the show!



#### Featured Movie: Captain Phillips (PG-13)

The myriad effects of globalization are seen through this examination of the true story of the 2009 hijacking of the U.S. container ship Maersk Alabama by a crew of Somali pirates. The film focuses on the relationship between the Alabama's commanding officer, Captain Richard Phillips (Tom Hanks), and the Somali pirate captain, Muse, who takes him hostage. The two men are set on an unstoppable collision course when Muse and his crew target Phillips' unarmed ship, and in the ensuing standoff, 145 miles off the Somali coast, both men will find themselves at the mercy of forces beyond their control.

Fee: \$5 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4384 Adults/Seniors Jun 27 Fri 6:30-9:30 pm\*  
\*Movie begins at 7:00 pm



### Geocaching Fun!



Discover the world of geocaching in this fun activity with the City of Lake Forest! You will search for weekly cache located in 10 different Lake Forest parks. Set out on your own or make it a family adventure! Weekly prizes will be awarded to those geocachers who locate hidden cache and send us a photo with the find! In order to participate, registrants go to [geocaching.com](http://geocaching.com) and set up a free user account, as well as register with the City of Lake Forest. (Your email address is mandatory.) Weekly clues will be given on [geocaching.com](http://geocaching.com) and our Facebook page.

Fee: Free to participate (10-week activity)

Materials needed: Smartphone with geocaching application or hand-held GPS navigational device.

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4313 Families Jun 27-Aug 29

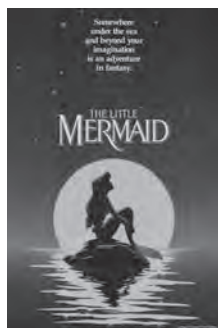


<http://www.geocaching.com/mobile/default.aspx>



GEOCACHING

## —2014 Movies in the Park—



Bring your friends, family and a blanket for free movie fun under the stars! The 2014 movie series will feature a screening of the space galactic film "Wall-E." Then we move into the adventures under the sea with "The Little Mermaid." From there, we join a journey with Dorothy and her friends in "The Wizard of Oz." Next, we blast off with Michael Jordan and the monstrous All-Stars in the exciting sports film "Space Jam". Last but not least, we will go on an adventure with our favorite minions in the movie "Despicable Me 2."

Fee: Free! (Snacks will be available for nominal fee)

Location: Cherry Park  
(22651 Cherry Ave) – Jun 20

Mountain View Park  
(4061 Dylan) – Jul 11

**Baker Ranch Community Park**  
(26380 Rancho Parkway South) – Aug 1

Rimgate Park  
(29772 Rimgate) – Aug 8

El Toro Park  
(23701 Los Alisos Blvd) – Aug 15

For more info call: The City of Lake Forest at 461-3450

Wall-E (G)	Families	Jun 20	Fri	7:30 pm
The Little Mermaid (G)	Families	Jul 11	Fri	7:30 pm
The Wizard of Oz (G)	Families	Aug 1	Fri	7:30 pm
Space Jam (PG)	Families	Aug 8	Fri	7:30 pm
Despicable Me 2 (PG)	Families	Aug 15	Fri	7:30 pm

**Pre-Movie Fun at 6:30 pm!**

## NATURE PARK

## "Dino Day" at the Nature Park

The City of Lake Forest Department of Jurassic Parks & Recreation is kicking off the summer with some roaring fun! Experience the Nature Park as it transforms into an adventurous "Dino Day." There will be fun for the entire family with a life size moving T-Rex, Velociraptors, and a Dilophosaurus tour. Make sure to stop by for arts & crafts, balloon artist, face painting, dinosaur displays and dig for dinosaur fossils! The afternoon will continue with a kids' music presentation!

Fee: Free (nominal fee for food)

Location: Lake Forest Nature Park (26215 Dimension Dr)

For more info call: The City of Lake Forest at 461-3450

Families      Jun 14      Sat      1:00-5:00 pm





# YOUTH



## Rec 'N Roll

Lake Forest is going to ROCK this summer as Rec 'N Roll brings you all the recreation fun that you can handle. Enjoy our recreation center on wheels in the great outdoors! When the Rec 'N Roll staff rolls into your neighborhood park you'll have fun with sports activities, board games, craft projects, water fun, carnival games with prizes, and much more. Each week, recreation staff will have a variety of activities centered around different activities and themes. Best of all it's FREE! Make sure you check out Rec 'N Roll this summer - we're rollin' to a park near you!

Mondays	Foothill Ranch Community Park	10:00 am-12:30 pm
	(19422 Rue De Valore)	
	Cherry Park	1:30-4:00 pm
	(22561 Cherry Ave)	
Tuesdays	Rimgate Park	10:00 am-12:30 pm
	(29772 Rimgate)	
	El Toro Park	1:30-4:00 pm
	(23701 Los Alisos Blvd)	
Wednesdays	Concourse Park	10:00 am-12:30 pm
	(18931 Saddleback Ranch Rd)	
	Cherry Park	1:30-4:00 pm
	(22561 Cherry Ave)	
Thursdays	Alton Park	10:00 am-12:30 pm
	(18992 Alton Parkway)	
	Foothill Ranch Community Park	1:30-4:00 pm
	(19422 Rue De Valore)	

### Theme Weeks

Week 1	Pirates & Princesses	Jul 7-10
Week 2	Hawaiian Beach Luau	Jul 14-17
Week 3	Super Heroes	Jul 21-24
Week 4	Rec 'N Roll Olympics	Jul 28-31
Week 5	Animal Safari	Aug 4-7
Week 6	Space Explorers	Aug 11-14
Week 7	Wild Wild West	Aug 18-21
Week 8	Water Week	Aug 25-28

**Heat Advisory** Rec 'N Roll will be cancelled on days the temperature exceeds 90 degrees. Please call 461-3450 the morning of Rec 'N Roll for cancellation status.

## City-Run Summer Camps

Our talented Lake Forest recreation staff is waiting for you to join them at camp this summer!



Little Pioneers Camp



Superstars Sports Camp



Lake Forest ROCKS Camp

## Lake Forest's Little Pioneers Camp

The City of Lake Forest presents our seventh annual preschool summer day camp! There's something exciting going on every day at camp, including visiting the horses, water day, and visiting Heritage Hill! Dress up for the week's theme every Friday! Every little pioneer must be toilet trained and used to leaving mom and dad for at least 3 hours. Our fee includes a t-shirt and a snack, but you are welcome to pack some extra munchies. Come join us on our summer adventure - the counselors can't wait to meet your "Little Pioneer"!

Instructor: Lake Forest Recreation Staff

Fee: \$75 per week-Resident

\$80 per week-Non-Resident

\*(Week of Jun 30-Jul 3; \$45 for residents/\$50 for non-residents)

Location: Serrano Creek Park (25101 Serrano Rd)

To Register: Online, Mail-In, Walk-in

(Pre-registration for this camp is required)

For more info call: The City of Lake Forest at 461-3450

• Camp Hours: 9:00 am-12:00 pm • 3-5 yr olds

Act#: 4398 "Planes, Trains, & Automobiles!" Jun 30-Jul 3\* Mon-Thu

Act#: 4399 "All Your Favorite Heroes" Jul 7-11 Mon-Fri

Act#: 4400 "Under the Sea" Jul 14-18 Mon-Fri

Act#: 4401 "Monster-ous Fun!" Jul 21-25 Mon-Fri

Act#: 4402 "Let's Go On a Safari" Jul 28-Aug 1 Mon-Fri

Act#: 4403 "Pirates & Princesses!" Aug 4-8 Mon-Fri

Act#: 4404 "It's a Bug's Life" Aug 11-15 Mon-Fri

Act#: 4405 "Disney Celebration!" Aug 18-22 Mon-Fri

Act#: 4406 "Woody's Round-Up!" Aug 25-29 Mon-Fri



# City-Run Summer Camps

## Lake Forest's Lil' Stars Sports Camp

Does your child dream of becoming a sports superstar? If so this camp is for them! We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, tee-ball, basketball and flag-football. Our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. **This camp includes a t-shirt, cold drinks and a personalized sports card!** Space is limited so sign up today!

Instructor: Lake Forest Recreation Staff

Fee: \$30 per participant – Resident  
\$35 per participant – Non-Resident  
(1-week camp)

Location: Concourse Park  
(18931 Saddleback Ranch Road)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4224	3-4 yrs	Jul 14-18	Mon-Fri	9:00-9:45 am
Act#: 4225	3-4 yrs	Jul 21-25	Mon-Fri	9:00-9:45 am
Act#: 4226	3-4 yrs	Jul 28-Aug 1	Mon-Fri	9:00-9:45 am

## Lake Forest's Superstars Sports Camp

Do you want to learn the skills needed to take your sports game to the next level? If so, then this camp is for you! Participants will learn basic to advanced techniques for several popular sports in this fun and exciting week long camp. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including soccer, tee-ball, basketball and flag-football. All skill levels are welcome and our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. **This camp includes a t-shirt, cold drinks and a personalized sports card!** Space is limited, so sign up today!

Instructor: Lake Forest Recreation Staff

Fee: \$50 per participant – Resident  
\$55 per participant – Non-Resident  
(1-week camp)

Location: Concourse Park  
(18931 Saddleback Ranch Road)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4227	5-7 yrs	Jul 14-18	Mon-Fri	10:00-11:30 am
Act#: 4228	5-7 yrs	Jul 21-25	Mon-Fri	10:00-11:30 am
Act#: 4229	5-7 yrs	Jul 28-Aug 1	Mon-Fri	10:00-11:30 am

## Lake Forest ROCKS Camp

Find out why Lake Forest Rocks – come to our sixth annual Lake Forest Rocks Camp! Camp takes place for eight weeks in the months of July and August. Each week we will be going on two mini excursions and one big excursion. Sign up for one week or all eight! We'll be doing other fun activities as well such as games, skits, team competitions, and every Friday we'll have a BBQ! This camp will have an 8 to 1 camper to counselor ratio. The weekly fee also includes crafts, goodies and the coolest camp t-shirt around.

Instructor: Lake Forest Recreation Staff

Fee: \$129 per participant-Resident  
\$134 per participant-Non-Resident

Location: Pittsford Park  
(21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

(Pre-registration for this camp is required)

For more info call: The City of Lake Forest at 461-3450

• Camp Hours: 8:00 am-6:00 pm • 7-12 yr olds  
\* Weeks of Aug 4, 11, 18, and 25 • 7-11 yr olds

Act#: 4407	Knott's Berry Farm	Jul 7-11	Mon-Fri
Act#: 4408	Knott's Soak City	Jul 14-18	Mon-Fri
Act#: 4409	O.C. Fair	Jul 21-25	Mon-Fri
Act#: 4410	Medieval Times	Jul 28- Aug 1	Mon-Fri
*Act#: 4411	Camelot	Aug 4-8	Mon-Fri
*Act#: 4412	Sea World	Aug 11-15	Mon-Fri
*Act#: 4413	Raging Waters	Aug 18-22	Mon-Fri
*Act#: 4414	Disneyland	Aug 25-29	Mon-Fri

## Summer of Fun Teen Camp

Take a week-long break from those dog days of summer and experience some of the best amusement parks and attractions Southern California has to offer during the break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going to fun places like Regal Movies, Pump It Up, Boomers, theme parks and more! Our fee includes activities, trips, snacks, supplies and transportation. Our camper to leader ratio is 10 to 1. Don't wait! Sign up for this camp fast before you have to go back to school.

Instructor: Lake Forest Recreation Staff

Fee: \$119 – Resident  
\$124 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

• Camp Hours: 8:00 am-6:00 pm • 12-14 yrs olds

Act#: 4341	Camelot	Aug 4-8	Mon-Fri
Act#: 4230	Sea World	Aug 11-15	Mon-Fri
Act#: 4231	Raging Waters	Aug 18-22	Mon-Fri
Act#: 4232	Disneyland	Aug 25-29	Mon-Fri

# CAMPS FOR SUMMER

## Pee Wee Gymnastics Summer Camp



This summer program will allow your child to dress up each week and participate in fun activities including gymnastics, acting, imaginary play, arts and crafts, and music. Camp themes include Pirates, Super Heroes, Water Play, Disney, Outer Space, and more! Registration for the program also includes free open play to anyone signed up. Open play Thursdays 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$50 – Resident  
\$55 – Non-resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4442</b>	<b>4-7 yrs</b>	<b>Jul 2-23</b>	<b>Wed</b>	<b>11:00 am-1:00 pm</b>
<b>Act#: 4443</b>	<b>4-7 yrs</b>	<b>Jul 11-Aug 1</b>	<b>Fri</b>	<b>11:00 am-1:00 pm</b>
<b>Act#: 4444</b>	<b>4-7 yrs</b>	<b>Jul 30-Aug 20</b>	<b>Wed</b>	<b>11:00 am-1:00 pm</b>
<b>Act#: 4445</b>	<b>4-7 yrs</b>	<b>Aug 8-29</b>	<b>Fri</b>	<b>11:00 am-1:00 pm</b>

## Pre-Engineering with LEGO®

Let your imagination run wild with tens of thousands of LEGO®! Build engineer- designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering Fundamentals.

Instructor: Play-Well Teknologies Staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4264 5-6 yrs Jul 7-11 Mon-Fri 9:00 am-12:00 pm**

## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

**[online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline)**

## Ninjaneering with LEGO®

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO®.

Instructor: Play-Well Teknologies Staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4266 5-6 yrs Aug 4-8 Mon-Fri 9:00 am-12:00 pm**

## Jedi Engineering with LEGO®

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO® X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

Instructor: Play-Well Teknologies Staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4268 5-6 yrs Aug 25-29 Mon-Fri 9:00 am-12:00 pm**

## TriFytt Sports: Soccer Camp

This is a great chance for beginning soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$119 per participant – Resident  
\$124 per participant- Non-Resident  
(5-day camp)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4329 5-9 yrs Jul 28-Aug 1 Mon-Fri 9:00 am-12:00 pm**





## TriFytt Sports: Flag-Football Camp

This is a great chance for beginning flag-football players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$119 per participant – Resident  
\$124 per participant- Non-Resident  
(5-day camp)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4327 6-12 yrs Jul 21-25 Mon-Fri 9:00 am-12:00 pm**



## Boys Introductory Lacrosse Lessons

This course is designed for any new players looking to learn more about the game of lacrosse. This four class session is designed to teach your son the fundamentals of the game in a fun, fast paced environment. All coaches have years of playing and coaching experience. Sticks, balls and all other equipment are provided.

Instructor: O.C. Rebels Lacrosse Staff

Fee: \$120 – Resident  
\$125 -Non-Resident  
(4-day camp)

Material Fee: An additional T-shirt fee of \$10 due to instructor at first class meeting.

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4312 6-11 yrs Aug 5-Aug 8 Tue-Fri 9:00-11:00 am**

## Girls Introductory Lacrosse Lessons

This course is designed for any new players looking to learn more about the game of lacrosse. This four class session is designed to teach your daughter the fundamentals of the game in a fun, fast paced environment. All coaches have years of playing and coaching experience. Sticks, balls and all other equipment are provided.

Instructor: O.C. Rebels Lacrosse Staff

Fee: \$120 – Resident  
\$125 – Non-Resident  
(4-day camp)

Material Fee: An additional T-shirt fee of \$10 due to instructor at first class meeting.

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4314 6-11 yrs Aug 5-Aug 8 Tue-Fri 9:00-11:00 am**

## "Summer of Art" Camp

This art camp is filled with creative and fun projects. Explore a variety of techniques such as acrylics on canvas, watercolors, pastels, clay sculptures and more! We will enjoy summertime through art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. A material fee (includes kiln firing and glazing) will be due to the instructor at first class meeting. All art supplies and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$89 – Resident  
\$94 – Non-Resident  
(5-day camp)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4392 6-12 yrs Jul 14-18 Mon-Fri 9:30-11:30 am**  
**Act#: 4393 6-12 yrs Aug 25-29 Mon-Fri 12:30-2:30 pm**

## Frozen in July – Dance Camp

Do you want to build a snowman in July? Come let it go and perform in our exciting frosty themed summer dance show. During the week, campers will dance, participate in a photo shoot, design props, paint scenery, play games, sing songs and have a blast starring in a music video. Winter in July has never been this much fun. Entertain families and friends on the last day of camp. Ballet or Jazz shoes required. Pack a sack lunch Monday thru Thursday. Snacks will be provided daily. Lunch will be provided on Friday.

Instructor: Positive Energy Dance Staff

Fee: \$275 – Resident  
\$280 – Non-Resident  
(5-day camp)

Location: Positive Energy Dance Studio (22600-C Lambert St)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4388 6-10 yrs Jul 7-11 Mon-Fri 9:00 am-3:00 pm**  
**Act#: 4389 11-15 yrs Jul 14-18 Mon-Fri 9:00 am-3:00 pm**

## Calling All Directioners! – Dance Camp

If you love to dance and you love One Direction, this is the camp for you. Be proud of what makes you beautiful. During the week, campers will dance, participate in a photo shoot, design props, paint scenery, play games, sing songs and have a blast starring in a music video. Come dance all week to the best song ever and entertain families and friends on the last day of camp. Ballet or Jazz shoes required. Pack a sack lunch each day. Snacks will be provided daily. Lunch will be provided on Friday.

Instructor: Positive Energy Dance Staff

Fee: \$275 – Resident  
\$280 – Non-Resident  
(5-day camp)

Location: Positive Energy Dance Studio (22600-C Lambert St)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4390 6-10 yrs Jul 28-Aug 1 Mon-Fri 9:00 am-3:00 pm**  
**Act#: 4391 11-15 yrs Aug 4-8 Mon-Fri 9:00 am-3:00 pm**

## Mine, Craft, Build Engineering with LEGO®



Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

Instructor: Play-Well Teknologies Staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4265 7-12 yrs Jul 7-11 Mon-Fri 1:00 -4:00 pm**

## Ninjaneering Master with LEGO®

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO® camp, Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

Instructor: Play-Well Teknologies Staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4267 7-12 yrs Aug 4-8 Mon-Fri 1:00 -4:00 pm**

## Jedi Master Engineering with LEGO®

The Force is strong in this class! Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT Walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

Instructor: Play-Well Teknologies Staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4269 7-12 yrs Aug 25-29 Mon-Fri 1:00 -4:00 pm**

## Summer Tennis Camps

Join our summer tennis camp where “fun” is the emphasis. For all levels of players who are interested in learning more about tennis, making new friends and just having a good time. This camp makes tennis fun and easy for children to learn basic strokes, shot placement, serves, volleys and strategies. Please bring a can of unopened balls, a racquet and a smile. Camp includes awards, snacks, drinks and fun camp games.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$115 – Resident  
\$120 – Non-Resident  
(5-day camp)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4423 7-14 yrs Jul 7-11 Mon-Fri 9:00 am-12:00 pm**

**Act#: 4424 7-14 yrs Jul 21-25 Mon-Fri 9:00 am-12:00 pm**

**Act#: 4425 7-14 yrs Jul 28-Aug 1 Mon-Fri 9:00 am-12:00 pm**

## Volleyball Fundamental Skills Clinic



These clinics are designed for boys and girls interested in learning or enhancing proper volleyball skills. Whether you're a beginner or a competitive club player, this camp is fun with a lot of 6 on 6 competitions! Taught by a 3-time NCAA All-American and limited to 12 kids per camp. Don't miss out on this great opportunity, sign-up today!



Instructor: Brooke Marino – Redline Athletics

Fee: \$125 – Resident  
\$130 – Non-Resident  
(3-day camp)

Location: Redline Athletics (22600 Lambert #1204)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4453 9-11 yrs Jul 7-9 Mon-Wed 8:30-10:30 am**

**Act#: 4462 12-14 yrs Jul 7-9 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4454 9-11 yrs Jul 14-16 Mon-Wed 8:30-10:30 am**

**Act#: 4463 12-14 yrs Jul 14-16 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4455 9-11 yrs Jul 21-23 Mon-Wed 8:30-10:30 am**

**Act#: 4464 12-14 yrs Jul 21-23 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4456 9-11 yrs Jul 28-30 Mon-Wed 8:30-10:30 am**

**Act#: 4465 12-14 yrs Jul 28-30 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4457 9-11 yrs Aug 4-6 Mon-Wed 8:30-10:30 am**

**Act#: 4466 12-14 yrs Aug 4-6 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4458 9-11 yrs Aug 11-13 Mon-Wed 8:30-10:30 am**

**Act#: 4467 12-14 yrs Aug 11-13 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4459 9-11 yrs Aug 18-20 Mon-Wed 8:30-10:30 am**

**Act#: 4468 12-14 yrs Aug 18-20 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4460 9-11 yrs Aug 25-27 Mon-Wed 8:30-10:30 am**

**Act#: 4469 12-14 yrs Aug 25-27 Mon-Wed 11:00 am-1:00 pm**

**Act#: 4461 9-11 yrs Sep 1-3 Mon-Wed 8:30-10:30 am**

**Act#: 4470 12-14 yrs Sep 1-3 Mon-Wed 11:00 am-1:00 pm**



## High School Volleyball Clinic



These clinics are open to club and high school volleyball athletes looking to take their game to the next level. Boys' camps will be taught by NCAA 1<sup>st</sup> Team All-American and 2-time National Champion Cory Yoder! Girls' camps will be taught by 3-time All-American Brooke Marino and/or 2012 USC women's volleyball captain Erin Yoder! Focus on improving every aspect of your game in a fun and competitive environment. These clinics are limited to 12 participants; don't miss out on this great opportunity, sign-up today!

Instructor: Brooke Marino – Redline Athletics

Fee: \$85 – Resident  
\$90 – Non-Resident  
(2-day camp)

Location: Redline Athletics (22600 Lambert #1204)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4471	Girls 14-18 yrs	Jul 10-11	Thu & Fri	8:30-10:30 am
Act#: 4472	Boys 14-18 yrs	Jul 10-11	Thu & Fri	11:00 am-1:00 pm
Act#: 4473	Girls 14-18 yrs	Jul 17-18	Thu & Fri	8:30-10:30 am
Act#: 4474	Boys 14-18 yrs	Jul 17-18	Thu & Fri	11:00 am-1:00 pm
Act#: 4475	Girls 14-18 yrs	Jul 24-25	Thu & Fri	8:30-10:30 am
Act#: 4476	Boys 14-18 yrs	Jul 24-25	Thu & Fri	11:00 am-1:00 pm
Act#: 4477	Girls 14-18 yrs	Jul 31-Aug 1	Thu & Fri	8:30-10:30 am
Act#: 4478	Boys 14-18 yrs	Jul 31-Aug 1	Thu & Fri	11:00 am-1:00 pm
Act#: 4479	Girls 14-18 yrs	Aug 7-8	Thu & Fri	8:30-10:30 am
Act#: 4480	Boys 14-18 yrs	Aug 7-8	Thu & Fri	11:00 am-1:00 pm
Act#: 4481	Girls 14-18 yrs	Aug 14-15	Thu & Fri	8:30-10:30 am
Act#: 4482	Boys 14-18 yrs	Aug 14-15	Thu & Fri	11:00 am-1:00 pm
Act#: 4483	Girls 14-18 yrs	Aug 21-22	Thu & Fri	8:30-10:30 am
Act#: 4484	Boys 14-18 yrs	Aug 21-22	Thu & Fri	11:00 am-1:00 pm
Act#: 4485	Girls 14-18 yrs	Aug 28-29	Thu & Fri	8:30-10:30 am
Act#: 4486	Boys 14-18 yrs	Aug 28-29	Thu & Fri	11:00 am-1:00 pm
Act#: 4487	Girls 14-18 yrs	Sep 4-5	Thu & Fri	8:30-10:30 am
Act#: 4488	Boys 14-18 yrs	Sep 4-5	Thu & Fri	11:00 am-1:00 pm

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



# RECREATION CLASSES

## Youth

### Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience! Zumbini™ happens in 8 week sessions. Free demo class is June 3rd!

Instructor: Raelyn Brachmann

Fee: \$115 per Parent and Child Couple – Resident  
\$120 per Parent and Child Couple – Non-Resident  
(8-week session)

Materials Fee: A required \$35 fee which includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4330 6 mos-3 yrs Jun 10-Jul 29 Tue 10:00-10:45 am**

### Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Monday, June 30th at 4:30 pm, please RSVP 350-0985.**

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$115 – Resident  
\$120 – Non-Resident  
(8-week session)

Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to Music Moves is required at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4301	9 mos-5 yrs	Jul 7-Aug 25	Mon	4:30-5:15 pm
Act#: 4304	9 mos-5 yrs	Jul 8-Aug 26	Tue	10:45 -11:30 am
Act#: 4302	9 mos-5 yrs	Jul 11-Aug 29	Fri	10:30 -11:15 am
Act#: 4303	9 mos-5 yrs	Jul 11-Aug 29	Fri	11:30 am-12:15 pm



## Parent & Tot Swim Lessons at SwimLabs

This is a 30-minute class designed for parents and their children ages 1-3 years old. Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and safely go under the water. Parents will learn how to safely interact with their children in the pool.

Instructor: SwimLabs Staff

Fee: \$190 – Resident  
\$195 – Non-resident  
(8 meetings per session)

Location: SwimLabs  
(20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4275	1-3 yrs	Jun 30-Jul 23	Mon & Wed	1:00-1:30 pm
Act#: 4276	1-3 yrs	Jul 1-24	Tue & Thu	1:00-1:30 pm
Act#: 4277	1-3 yrs	Jul 12-Aug 30	Sat	8:30-9:00 am
Act#: 4278	1-3 yrs	Jul 13-Aug 31	Sun	8:30-9:00 am

## Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-resident  
(4-week sessions)

Location: Us Too Center  
(25 Spectrum Pointe Dr #405)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4218	1-2 yrs*	Jun 30-Jul 21	Mon	10:00-10:45 am
Act#: 4217	1-2 yrs*	Jul 1-22	Tue	10:00-10:45 am
Act#: 4216	1-2 yrs*	Jun 28-Jul 26**	Sat	9:00-9:45 am
Act#: 4215	1-2 yrs*	Jul 28-Aug 18	Mon	10:00-10:45 am
Act#: 4214	1-2 yrs*	Jul 29-Aug 19	Tue	10:00-10:45 am
Act#: 4213	1-2 yrs*	Aug 2-23	Sat	9:00-9:45 am
Act#: 4210	3-4 yrs	Jul 28-Aug 18	Mon	11:00-11:45 am
Act#: 4209	3-4 yrs	Jul 29-Aug 19	Tue	11:00-11:45 am
Act#: 4212	3-4 yrs	Jun 30-Jul 21	Mon	11:00-11:45 am
Act#: 4211	3-4 yrs	Jul 1-22	Tue	11:00-11:45 am
Act#: 4219	5-6 yrs	Jun 30-Jul 21	Mon	1:00-1:45 pm
Act#: 4206	5-6 yrs	Jun 30-Jul 21	Mon	5:00-5:45 pm
Act#: 4220	5-6 yrs	Jul 28-Aug 18	Mon	1:00-1:45 pm
Act#: 4221	5-6 yrs	Jul 28-Aug 18	Mon	5:00-5:45 pm

\* Mommy & Me classes: parent participation required

\*\*No Class on Saturday, July 5

## Intro to Movement & Dance



Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. Class promotes listening, directional and motor skills as well as musicality and rhythm. Suitable for both boys and girls. Parent participation required. \*Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident  
\$79 per Parent and Child Couple – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4259	1½-3 yrs	Jul 7-Aug 11	Mon	9:00-9:45 am
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## Parent & Me Princess Ballet & Creative Movement

Your little princess will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology fairy tale imagery. Participants will also improve motor, directional and listening skills while engaging in creative movement with bubbles, parachutes, magic wands and more. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$74 per Parent and Child Couple – Resident  
\$79 per Parent and Child Couple – Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4261	1½-3 yrs	Jul 7-Aug 11	Mon	11:00-11:45 am
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## Summer Registration Dates:

Tuesday, May 13 (Lake Forest Residents)

Tuesday, May 20 (Non-Residents)



## Mommy, Me & Glee

Introduce your child to a world of music through our exciting singing class. You and your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage. **Parent participation is required.**

Instructor: Glee Music Academy Staff

Fee: \$49 per Parent and Child Couple – Resident  
\$54 per Parent and Child Couple – Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4335	<b>2-5 yrs</b>	<b>May 29-Jun 19</b>	<b>Thu</b>	<b>10-10:45 am</b>
<b>Act#:</b> 4336	<b>2-5 yrs</b>	<b>Jul 10-31</b>	<b>Thu</b>	<b>10-10:45 am</b>

## TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$85 per Parent and Child couple – Resident  
\$90 per Parent and Child couple – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4310	<b>1.5-2 yrs</b>	<b>Jul 11-Aug 29</b>	<b>Fri</b>	<b>5:00-5:30 pm</b>
<b>Act#:</b> 4311	<b>2-3 yrs</b>	<b>Jul 11-Aug 29</b>	<b>Fri</b>	<b>5:30-6:00 pm</b>

## TriFytt Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4319	<b>2-3 yrs</b>	<b>Jul 12-Aug 16</b>	<b>Sat</b>	<b>11:30 am-12:00 pm</b>
<b>Act#:</b> 4320	<b>3-5 yrs</b>	<b>Jul 12-Aug 16</b>	<b>Sat</b>	<b>12:00-12:45 pm</b>

## TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development

Instructor: TriFytt Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)



Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4317	<b>2-3 yrs</b>	<b>Jul 8-Aug 26</b>	<b>Tue</b>	<b>5:00-5:30 pm</b>
<b>Act#:</b> 4318	<b>3-5 yrs</b>	<b>Jul 8-Aug 26</b>	<b>Tue</b>	<b>5:30-6:15 pm</b>

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



## TriFyft Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(7-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4326 2-3 yrs Jul 12-Aug 23 Sat 10:00-10:30 am



## TriFyft Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4315 3-5 yrs Jul 11-Aug 29 Fri 6:00-6:45 pm  
Act#: 4316 5-7 yrs Jul 11-Aug 29 Fri 7:00-7:45 pm



## TriFyft Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(7-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4324 3-5 yrs Jul 12-Aug 23 Sat 9:00-9:45 am  
Act#: 4325 5-7 yrs Jul 12-Aug 23 Sat 10:30-11:15 am



## Learn to Swim at SwimLabs

These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

Fee: \$110 – Resident  
\$115 – Non-resident  
(30-minute lesson)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4233	3-5 yrs	Jul 7-Aug 25	Mon	3:00-3:30 pm
Act#: 4234	3-5 yrs	Jul 8-Aug 26	Tue	3:00-3:30 pm
Act#: 4235	3-5 yrs	Jul 9-Aug 27	Wed	5:00-5:30 pm
Act#: 4236	3-5 yrs	Jul 10-Aug 28	Thu	3:00-3:30 pm
Act#: 4237	3-5 yrs	Jul 12-Aug 29	Sat	12:00-12:30 pm
Act#: 4238	3-5 yrs	Jul 13-Aug 30	Sun	12:00-12:30 pm
Act#: 4239	6-10 yrs	Jul 7-Aug 25	Mon	3:30-4:00 pm
Act#: 4240	6-10 yrs	Jul 8-Aug 26	Tue	3:30-4:00 pm
Act#: 4241	6-10 yrs	Jul 9-Aug 27	Wed	5:30-6:00 pm
Act#: 4242	6-10 yrs	Jul 10-Aug 28	Thu	3:30-4:00 pm
Act#: 4243	6-10 yrs	Jul 12-Aug 29	Sat	12:30-1:00 pm
Act#: 4244	6-10 yrs	Jul 13-Aug 30	Sun	12:30-1:00 pm

## Princess Ballet & Creative Movement

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74-Resident  
\$79-Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4257 3-5 yrs Jul 7-Aug 11 Mon 10:00-10:45 am

## Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.





## Pre-Glee



Introduce your child to a world of music through our exciting singing class. Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident  
\$54 – Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4337	<b>4-6 yrs</b>	<b>May 29-Jun 19</b>	<b>Thu</b>	<b>3:30-4:15 pm</b>
<b>Act#:</b> 4338	<b>4-6 yrs</b>	<b>Jul 10-31</b>	<b>Thu</b>	<b>3:30-4:15 pm</b>

## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)  
Wednesday classes – Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4415	<b>3-5 yrs</b>	<b>Jun 30-Aug 18</b>	<b>Mon</b>	<b>3:30-4:30 pm</b>
<b>Act#:</b> 4416	<b>6-7 yrs</b>	<b>Jun 30-Aug 18</b>	<b>Mon</b>	<b>4:30-5:30 pm</b>
<b>Act#:</b> 4417	<b>8-12 yrs</b>	<b>Jun 30-Aug 18</b>	<b>Mon</b>	<b>5:30-6:30 pm</b>
<b>Act#:</b> 4418	<b>3-5 yrs</b>	<b>Jul 2-Aug 20</b>	<b>Wed</b>	<b>3:30-4:30 pm</b>
<b>Act#:</b> 4419	<b>6-7 yrs</b>	<b>Jul 2-Aug 20</b>	<b>Wed</b>	<b>4:30-5:30 pm</b>
<b>Act#:</b> 4420	<b>8-12 yrs</b>	<b>Jul 2-Aug 20</b>	<b>Wed</b>	<b>5:30-6:30 pm</b>



## Art Explorations



In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills in young artists. The different elements of art will be introduced through a variety of media such as acrylics on canvas, pastels, charcoal, watercolors, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$71 – Resident  
\$76 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#:** 4396   **6-12 yrs**   **Jul 11-Aug 8**   **Fri**   **3:30-4:45 pm**

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



## Ceramic Creations

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay.) Different projects will take place each day. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$75 – Resident  
\$80 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4394 6-12 yrs Jun 25-Jul 23 Wed 3:30-4:45 pm**

## Glee Girls



Glee Girls sing in 2-part harmony with piano accompaniment. Teaching harmony at this young age will develop their ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning.

Instructor: Glee Music Academy Staff

Fee: \$49-Resident  
\$54-Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4339 7- 14 yrs May 29-Jun 19 Thu 4:30-5:15 pm**

**Act#: 4340 7- 14 yrs Jul 10-31 Thu 4:30-5:15 pm**

## Youth Gymnastics

This is an introduction to gymnastics for 6-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4194 6-9 yrs Jul 1-22 Tue 5:45-6:30 pm**

**Act#: 4195 6-9 yrs Jul 1-22 Tue 6:30-7:15 pm**

**Act#: 4196 6-9 yrs Jul 29-Aug 19 Tue 5:45-6:30 pm**

**Act#: 4197 6-9 yrs Jul 29-Aug 19 Tue 6:30-7:15 pm**

**Act#: 4200 9-12 yrs Jul 3-24 Thu 6:30-7:15 pm**

**Act#: 4201 9-12 yrs Jul 31-Aug 21 Thu 6:30-7:15 pm**

## Zumba® Kids

Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaton, and other crazy-cool Dance-Fitness moves.

Instructor: Raelyn Brachmann

Fee: \$45 – Resident  
\$50 – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4331 7-12 yrs Jun 3-Jul 8 Tue 4:00-5:00 pm**

**Act#: 4332 7-12 yrs Jul 15- Aug 19 Tue 4:00-5:00 pm**

## Culinary Kids



Culinary Kids is an appetizing adventure where children create healthy meals to share with family and friends. From the oven to your tummy, chefs will be inspired to cook, create, and experiment in the kitchen. Come mash, mix, and mingle in the kitchen and make lots of zesty new friends in the process.

Instructor: Bonnie Bachelor

Fee: \$108 – Resident  
\$113 – Non-Resident  
(6-week session)

Material Fee: An additional \$30 materials fee is due to instructor during the first class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4309 7-12 yrs Jul 12-Aug 16 Sat 9:00-10:30 am**

## Introduction to Video Game Design

Learn how to create and design a unique and interactive video game with Freshi Game Design! Beginning Game Developers work in pairs to conceive, design and build their own original computer game. Everything created for their game is original to the team – the characters, the action, the background, the music and the format. Students use creative and critical thinking to complete their games and build teamwork skills working in partners.

Instructor: Freshi Media Staff

Fee: \$160-Resident  
\$165-Non-Resident  
(1-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4494 7-12 yrs Jul 21-25 Mon-Fri 1:00-4:00 pm**



## Animation Creators: Digital Animation

Young animators learn computer software techniques to create digitally animated characters and stories. In this class, participants will learn skills that help with computer drawing, character creation and movement, voiceover work and character interaction and speech. In small groups, students will focus on learning introductory computer animation techniques and will create original characters and short animated stories.

Instructor: Freshi Media Staff

Fee: \$160-Resident  
\$165-Non-Resident  
(1-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4496 8-13 yrs Jul 21-25 Mon-Fri 9:00 am-12:00 pm

## Junior Guard Preparation



Learn and practice basic swimming techniques, which will help your young one prepare for the Junior Guard entrance test. Some test requirements are as follows:

- Tread water for 5 minutes
- Swim underwater for 10 yards
- Swim 100 yards in 2 1/2 minutes or less without fins or other assistance.

Instructor: SwimLabs staff

Fee: \$190 – Resident  
\$195 – Non-Resident  
(8-week session)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4248	8-16 yrs	Jul 7-Aug 25	Mon	8:00-8:30 am
Act#: 4270	8-16 yrs	Jul 8-Aug 26	Tue	8:00-8:30 am
Act#: 4271	8-16 yrs	Jul 9-Aug 27	Wed	12:00-12:30 pm
Act#: 4272	8-16 yrs	Jul 10-Aug 28	Thu	8:00-8:30 am
Act#: 4273	8-16 yrs	Jul 12-Aug 30	Sat	8:00-8:30 am
Act#: 4274	8-16 yrs	Jul 13-Aug 31	Sun	8:00-8:30 am

## Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$90 – Resident  
\$95 – Non-Resident  
(5-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4250 10 yrs-Adult Jul 31-Aug 28 Thu 4:30-5:30 pm

## Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free/ Resident  
\$5/Non-Resident

(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4254 10-Adult Jul 19 Sat 3:00-5:00 pm

## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

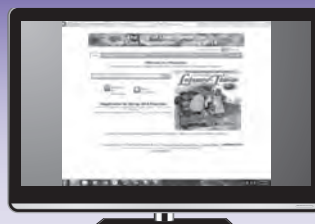
Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4253 10-Adult Jul 19 Sat 12:30-3:00 pm

## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

[online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline)

## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33-Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

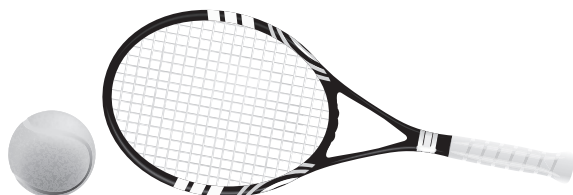
Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4255 10-Adult Jul 19 Sat 10:00 am-5:00 pm**

## Adult



## Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant-Non-Resident  
(8-week session)

Location: El Toro Park Tennis Courts  
(23701 Los Alisos Blvd)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4497 16 yrs and up Jul 12-Aug 30 Beg Sat 9:00-10:00 am**

**Act#: 4498 16 yrs and up Jul 12-Aug 30 Int Sat 10:00-11:00 am**

## Get Golf Ready



Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 – Resident  
\$134 – Non-Resident  
(4-week session)

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4283</b>	<b>18 yrs and up</b>	<b>Jun 5-26</b>	<b>Thu</b>	<b>5:00-6:00 pm</b>
<b>Act#: 4284</b>	<b>18 yrs and up</b>	<b>Jun 8-29</b>	<b>Sun</b>	<b>10:00-11:00 am</b>
<b>Act#: 4285</b>	<b>18 yrs and up</b>	<b>Jun 13-Jul 11*</b>	<b>Fri</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4286</b>	<b>18 yrs and up</b>	<b>Jun 14-Jul 5</b>	<b>Sat</b>	<b>12:00-1:00 pm</b>
<b>Act#: 4287</b>	<b>18 yrs and up</b>	<b>Jun 19-Jul 10</b>	<b>Thu</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4288</b>	<b>18 yrs and up</b>	<b>Jun 22-Jul 13</b>	<b>Sun</b>	<b>2:00-3:00 pm</b>
<b>Act#: 4289</b>	<b>18 yrs and up</b>	<b>Jul 3-24</b>	<b>Thu</b>	<b>5:00-6:00 pm</b>
<b>Act#: 4290</b>	<b>18 yrs and up</b>	<b>Jul 6-27</b>	<b>Sun</b>	<b>11:00 am-12:00 pm</b>
<b>Act#: 4291</b>	<b>18 yrs and up</b>	<b>Jul 9-30</b>	<b>Wed</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4292</b>	<b>18 yrs and up</b>	<b>Jul 12-Aug 2</b>	<b>Sat</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4293</b>	<b>18 yrs and up</b>	<b>Jul 17-Aug 7</b>	<b>Thu</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4294</b>	<b>18 yrs and up</b>	<b>Jul 27-Aug 17</b>	<b>Sun</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4295</b>	<b>18 yrs and up</b>	<b>Aug 5-26</b>	<b>Tue</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4296</b>	<b>18 yrs and up</b>	<b>Aug 10-31</b>	<b>Sun</b>	<b>12:00-1:00 pm</b>
<b>Act#: 4297</b>	<b>18 yrs and up</b>	<b>Aug 13-Sep 3</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4298</b>	<b>18 yrs and up</b>	<b>Aug 16-Sep 6</b>	<b>Sat</b>	<b>12:00-1:00 pm</b>
<b>Act#: 4299</b>	<b>18 yrs and up</b>	<b>Aug 21-Sep 11</b>	<b>Thu</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4300</b>	<b>18 yrs and up</b>	<b>Aug 24-Sep 14</b>	<b>Sun</b>	<b>11:00 am-12:00 pm</b>

**\*No class 7/4**

## Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these spring courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident  
\$77 – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4427</b>	<b>18 &amp; up</b>	<b>Jun 2-Jul 7</b>	<b>Mon</b>	<b>7:30-8:30 pm</b>
<b>Act#: 4428</b>	<b>18 &amp; up</b>	<b>Jun 4-Jul 9</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4489</b>	<b>18 &amp; up</b>	<b>Jul 14-Aug 18</b>	<b>Mon</b>	<b>7:30-8:30 pm</b>
<b>Act#: 4490</b>	<b>18 &amp; up</b>	<b>Jul 16-Aug 20</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>



## Cardio Yoga Booty Ballet & Sculpt

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Participants need to bring yoga mat, water and 2 lb. weights. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit [OCDanceProductions.com](http://OCDanceProductions.com).

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident  
\$124 – Non-Resident  
(10-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4263 18 & up Jun 2-Aug 4 Mon 6:30-7:30 pm**

## Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 4429** One-Time \$8.00 – Resident  
\$13.00 – Non-Resident

**Act#: 4430** 5-class package \$40.00 – Resident  
\$45.00 – Non-Resident

**Act#: 4431** 10-class package \$72.00 – Resident  
\$77.00 – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**18 & up Ongoing Sat 10:00-11:00 am**

## Zumba Gold Sentao



Sentao is a chair based choreography designed to strengthen, balance, stabilize the core and provide a great cardio work out in a whole new way. Don't let the "chair" fool you, this is not considered a chair exercise class. The chair is used as a tool in the work out to give support and enhance the movements. Utilizing the same international rhythms we do standing up in ZUMBA GOLD, we shake and shimmy and work the chair in a way that will keep participants on the edge of their seat!

Instructor: Angie Velez

Fee: **Act#: 4432** One-Time \$8.00 – Resident  
\$13.00 – Non-Resident

**Act#: 4433** 5-class package \$40.00 – Resident  
\$45.00 – Non-Resident

**Act#: 4434** 10-class package \$72.00 – Resident  
\$77.00 – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**18 & up Ongoing Tue 8:00-9:00 am**

## Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4321 Adult Aug 2-30 Beginning Sat 12:30-1:30 pm**

**Act#: 4322 Adult Aug 2-30 Intermediate Sat 11:15 am-12:15 pm**

**Act#: 4323 Adult Aug 2-30 Advanced Sat 10:00-11:00 am**

# Summer

## REGISTRATION DATES:

**Tuesday, May 13 (Lake Forest Residents)**

**Tuesday, May 20 (Non-Residents)**

## Dog Lure Coursing

Lure Coursing is a fast-paced, fun chase sport. Dogs run after a "bunny" lure (usually a white plastic bag) that is attached to a line that is controlled by a machine and a lure operator. The machine runs the line at the speed determined by the lure operator (and the dogs) and the dogs chase the lure. This is the only place in Orange County where your dog can participate in this sport!

Instructor: Erin Riley

Fee: \$125 –Resident  
\$130- Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4328    Adult    Aug 2-30    Sat    3:30-4:30 pm**



## Dog Obedience Class

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. (Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. (Online registration is not available for discount program.)

Instructor: Mari Quillman

Fee: \$65 – Resident  
\$70 – Non-Resident  
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4492    Families    Jun 4-Jul 23    Wed    6:30-7:30 pm**

## Help, I'm Overwhelmed with Photos!



Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn how to organize your photos, make beautiful digital scrapbooks and pages, as well as how to make fast traditional albums. You will have access to a FREE photo organization app as well as other organizational and digital tools. Please bring 10-12 photos with you to create a Simply Said Scrapbook in class.

Instructor: Kim Martin

Fee: \$25 – Resident  
\$30 – Non-Resident  
(1-day workshop)

Material Fee: An additional \$15 material fee is due to instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4307    Adult    Jul 17    Thu    7:00-9:30 pm**

## Simply Digital: Digital Scrapbooking



Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn step-by-step instruction on how to create beautiful digital scrapbooks, 12x12 page prints, invitations, cards, party favors and more!

Instructor: Kim Martin

Fee: \$25 – Resident  
\$30 – Non-Resident  
(1-day workshop)

Material Fee: An additional \$40 material fee is due to instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4305    Adult    Jun 19    Thu    7:00-9:30 pm**  
**Act#: 4306    Adult    Aug 21    Thu    7:00-9:30 pm**

**Did you know you can register for classes and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit

[online.activecommunities.com/lfreonline](http://online.activecommunities.com/lfreonline) and you'll be on your way!



## Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4435 18 & up Jun 9-Jul 30 Mon & Wed 7:00-8:00 pm**  
**Act#: 4436 18 & up Jun 10-Jul 31 Tue & Thu 6:00-7:00 pm**

## Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4437 18 & up Jun 9-Jul 30 Mon & Wed 6:00-7:00 pm**  
**Act#: 4438 18 & up Jun 10-Jul 31 Tue & Thu 7:00-8:00 pm**

## Done with this brochure?

Don't throw it away!  
Pass it on to your friends  
and family so they can  
sign up for our great  
Summer programs too!



## SPECIAL NEEDS



*The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.*

## Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and talking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the city to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month- Resident  
\$80 per month- Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

**To Register: Mail In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4439 3-19 yrs On-going Mon-Sat varies**

## Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, emotions, flexibility, building friendships, and much more!

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: \$75 – Resident  
\$80 – Non-Resident  
(one-class workshop)

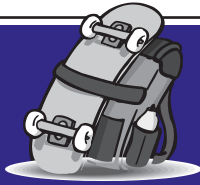
Location: 23701 Birtcher Dr

**To Register: Mail-In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4491 3-11 yrs Jun 13-Aug 22 Fri 9:00 am-12:00 pm**

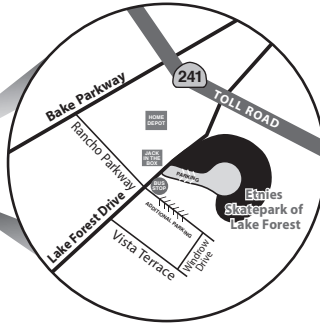
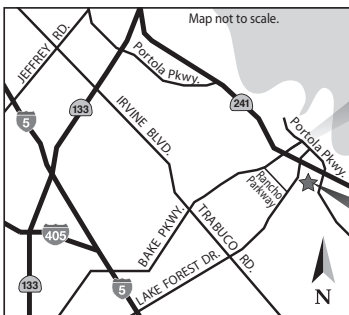
# ETNIES SKATEPARK OF LAKE FOREST



**Voted "Best Skatepark 2013" – Best of OCRegister  
" #1 Family Friendly Reader's Choice 2013"  
Award from ParentingOC Magazine**



**Etnies Skatepark  
of Lake Forest**  
20028 Lake Forest Drive  
Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free, thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr. Phone: 949-916-5870

In the case of inclement weather, please call ahead to see if the Park is open or check the free HD webcam.

Make sure to visit the Skatepark on the web at [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com). Also follow us on Facebook and Twitter for up-to-date news and weather conditions. The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out.

**Summer Skate Sessions** Monday-Sunday . . . 10:00 am-10:00 pm

**For all camps and lessons, parents will still need to fill out a waiver and membership form at the Skatepark on the first day of the program if they are not already registered at the Skatepark. Membership is free when you register for a camp or class.**

## Summer Holiday Schedule

Friday, July 4th: The park will be open from 12 pm until Dusk

## Go Skateboarding Day

Come celebrate national Go Skateboarding Day at the Skatepark! Free BBQ at noon, various events and giveaways throughout the day. The event is free – just come on down and be prepared to have fun!

Fee: FREE

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages Jun 21 Sat 10:00 am-10:00 pm**







## Live Music Showcase

The Etnies Skatepark of Lake Forest is proud to be the only all ages venue for live music in South Orange County. Skate or enjoy the tunes in a safe environment. Bands like JFA, The Stitches, Dubluva, and many others have donated their time and energy to help raise money to keep our park free to ride. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the park? Drop off a demo CD at the Skatepark office with your contact information and we will review it for a future show!

Fee: \$5 entry fee per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info and specific bands playing, call: The Skatepark at 916-5870

All Ages	Jun 13	Fri	6:00-10:00 pm
All Ages	Jul 18	Fri	6:00-10:00 pm
All Ages	Aug 15	Fri	6:00-10:00 pm

## Family Movie Night at the Skatepark Fundraiser

Come down and enjoy a fun family movie shown on the big screen at the Skatepark. There will be several local vendors selling food, with proceeds going to the Skatepark. Movie to be shown will be posted at the Skatepark in July. Seating is first come, first served on the grass hill. Have fun with your children and those who skate can go skate while the movie is going. It is free to come down and see the movie.

Fee: FREE

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Jul 25	Fri	8:30-10:00 pm
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## Riverbed Cleanup and Environmental Awareness Day

Besides recycling onsite, the Skatepark prides itself on making as many Green decisions as possible. Do your part to help out the environment and keep your local Skatepark and environment clean. Donate your time and energy to cleaning up the riverbed and adjacent trails to the Skatepark and receive a free BBQ lunch, drink, and opportunity prize ticket for some great donated prizes. Bring in your cans and the individual with the most cans will win a new skateboard. All cans will be turned into the recycling center and funds raised will go directly to the "Keep'N' It Free" campaign. This is an all-ages event and a great time for families or individuals wanting to make a difference. If you plan on attending with a large group such as Boy or Girl Scout troop (this event is great to earn community badges), please email [ngates@lakeforestca.gov](mailto:ngates@lakeforestca.gov) so we can make sure to accommodate all.

Fee: Free food, drink, and opportunity prize ticket with participation in clean up

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Jul 19	Sat	10:00 am-12:00 pm
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## Fourth of July Skatepark Skate Float – Come ride with us!

Last year's float was the world's largest skateboard! Show your Skatepark pride while helping build and ride the Skatepark float in the Fourth of July parade. Bring your skateboard and ride along in the parade. All participants NEED TO WEAR A HELMET while in the parade. We will meet up at El Toro High School at 8:00 am on July Fourth to finalize the float and set up for the parade. All participants will be treated to pizza and drinks when we return to the Skatepark. This is your chance to skate the streets of Lake Forest and show your support for the world class skateboard facility in Lake Forest. If you wish to help build the float, please call the Skatepark for more information.

Fee: Free

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Jul 4	Fri	8:00 am-12:00 pm
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## LABOR DAY WEEKEND SKATEPARK CAMPOUT

Skateboard, camp, and watch movies! Snacks and breakfast will be available to the campers. You'll need to bring a sleeping bag, even though you most likely will skate all night! Midnight madness contest as well as many other fun activities will be held during the evening. The gates will be locked at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning.

Fee: \$30 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Sign up at the Skatepark the night of the event only!**

**For more info call: The Skatepark at 916-5870**

**All Ages Aug 29/30 Fri/Sat 10:00 pm Fri-9:00 am Sat**



**See Our Campout Come To Life!**

### JUNAIO AUGMENTED REALITY BROWSER

1. Get the App! from Apple or Google Play – Use the link below or the QR Code with your QR code scanner

Apple



<https://itunes.apple.com/us/app/junaio-augmented-reality-browser/id337415615?mt=8>

Google Play



<https://play.google.com/store/apps/details?id=com.metaio.junaio>

2. Open the app and hover over the photo.
3. Watch the image come to life!

## SKATEPARK CAMPS



### Etnies Summer Skate Camp

Choose this summer to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered during camp lesson times include the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be held by experienced Skatepark staff who have a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. All campers receive a Createaskate.org board that they will be able to design and ride during the week. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the park free.

**\*\*No Camp on Friday, July 4**

Instructor: Skatepark Staff

Fee: \$195 per person (Full 5-day week)

**\*\*\$156 per person (4<sup>th</sup> of July week)**

Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>**Act#:</b>	<b>4356</b>	<b>6-17 yrs</b>	<b>Jun 30-Jul 3</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4357</b>	<b>6-17 yrs</b>	<b>Jul 7-11</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4354</b>	<b>6-17 yrs</b>	<b>Jul 14-18</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4355</b>	<b>6-17 yrs</b>	<b>Jul 21-25</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4348</b>	<b>6-17 yrs</b>	<b>Jul 28 – Aug 1</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4349</b>	<b>6-17 yrs</b>	<b>Aug 4-8</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4350</b>	<b>6-17 yrs</b>	<b>Aug 11-15</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4351</b>	<b>6-17 yrs</b>	<b>Aug 18-22</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>
<b>Act#:</b>	<b>4352</b>	<b>6-17 yrs</b>	<b>Aug 25 -29</b>	<b>Mon- Fri*</b>	<b>10:00 am-2:00 pm</b>



## Summer Preschool Skate School (Great for Young Beginners!)

This month long program is geared specifically for younger riders as an introduction to skateboarding and the Skatepark. There will be lessons concentrating on beginner skills, general skateboard safety, and safety in the Skatepark. Each day includes snacks and Gatorade. We will also be doing skateboard-related crafts and each participant will receive a Skatepark t-shirt.

Instructor: Skatepark Staff

Fee: \$120 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Skatepark at 916-5870**

<b>Act#:</b> 4342	<b>4-5 yrs</b>	<b>Jun 3-26</b>	<b>Tue, Thu</b>	<b>10:00 am-12:00 pm</b>
<b>Act#:</b> 4343	<b>4-5 yrs</b>	<b>Jul 1-31</b>	<b>Tue, Thu</b>	<b>10:00 am-12:00 pm</b>
<b>Act#:</b> 4344	<b>4-5 yrs</b>	<b>Aug 5-28</b>	<b>Tue, Thu</b>	<b>10:00 am-12:00 pm</b>

## Skateboard Photography Camp

Do you enjoy photography and skateboarding, and then this week of camp is designed for you. Camp will cover digital photography basics as well as set up various photo shoots within the Skatepark. Some areas covered will be action, landscape and lifestyle photography. Students are encouraged to bring their own cameras but will be able to use cameras at the Skatepark as well. Campers will also be taught the basics of using photoshop to increase the quality of their shots. Limited to 5 per session.

Instructor: Skatepark Staff

Fee: \$195 per person (5-day camp)

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Skatepark at 916-5870**

**Act#:** 4362 **10 yrs+** **Aug 18-22** **Mon-Fri** **10:00 am-2:00 pm**

## Video Production Skate Camp

Do you have a passion for filming skateboarding? Then this camp is for you. Participants will become familiar with using the latest version of Adobe Premiere and will have access to the Skatepark's Canon HD camera. Campers are also welcome to bring their own cameras if they choose. Special guest teachers this year will help make a more comprehensive learning experience. This camp is an introduction to the world of filming and editing. Camp includes lunch daily and t-shirt. Campers should arrive at camp with a general concept of what they want to create during the week so we can begin on day one.

Instructor: Skatepark Staff

Fee: \$195 per person

Limited to 5 per session.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#:** 4363 **10 yrs+** **Jul 21-25** **Mon-Fri** **10:00 am-2:00 pm**

## Mini Skateboard Camp Clinics

If a week of summer skate camp is too long for you, this is a great opportunity to experience two days of skateboarding lessons, activities, and fun during the summer break. This is a new addition to our summer curriculum and is designed to concentrate specifically on improving skills in the skateboard park. Techniques covered include ollies, flip tricks, grinds, flow zone, pool skating, and much more. All participants receive snacks, drinks, and a camp t-shirt.

Instructor: Skatepark Staff

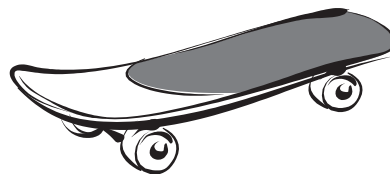
Fee: \$75- 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Skatepark at 916 5870**

<b>Act #:</b> 4358	<b>12:00-3:00 pm</b>	<b>6-17 yrs</b>	<b>Jul 8 &amp; 10</b>	<b>Tue, Thu</b>
<b>Act #:</b> 4359	<b>12:00-3:00 pm</b>	<b>6-17 yrs</b>	<b>Jul 22 &amp; 24</b>	<b>Tue, Thu</b>
<b>Act #:</b> 4360	<b>12:00-3:00 pm</b>	<b>6-17 yrs</b>	<b>Aug 12 &amp; 14</b>	<b>Tue, Thu</b>



## Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one on one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$65 - 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4367	<b>6 yrs and up</b>	<b>Jun 3-24</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4366	<b>6 yrs and up</b>	<b>Jul 1-22</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4365	<b>6 yrs and up</b>	<b>Aug 5-26</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4364	<b>6 yrs and up</b>	<b>Jun 7-28</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#:</b> 4369	<b>6 yrs and up</b>	<b>Jul 5-26</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#:</b> 4368	<b>6 yrs and up</b>	<b>Aug 2-23</b>	<b>Sat</b>	<b>9:00-10:00 am</b>



## Intermediate Skateboard Lessons

Did you start in the beginning skate board lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4370	6 yrs and up	Jun 3-24	Tue	5:00-6:00 pm
Act#: 4371	6 yrs and up	Jul 1-22	Tue	5:00-6:00 pm
Act#: 4372	6 yrs and up	Aug 5-26	Tue	5:00-6:00 pm
Act#: 4373	6 yrs and up	Jun 7-28	Sat	10:00-11:00 am
Act#: 4374	6 yrs and up	Jul 5-26	Sat	10:00-11:00 am
Act#: 4375	6 yrs and up	Aug 2-23	Sat	10:00-11:00 am

## Private Skateboard Lessons

One-on-one instruction from the basics to advanced techniques. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff that specializes in teaching lessons catered to each individual. Whatever you may want to learn, we have some of the best teachers around as well as the best Skatepark around to meet all of your learning needs.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

## JUNE

Act#: 4376 Jun-A	6 yrs and up	Jun 5	Thu	3:00 pm
Act#: 4376 Jun-B	6 yrs and up	Jun 5	Thu	4:00 pm
Act#: 4376 Jun-C	6 yrs and up	Jun 5	Thu	5:00 pm
Act#: 4376 Jun-D	6 yrs and up	Jun 5	Thu	6:00 pm
Act#: 4376 Jun-E	6 yrs and up	Jun 12	Thu	3:00 pm
Act#: 4376 Jun-F	6 yrs and up	Jun 12	Thu	4:00 pm
Act#: 4376 Jun-G	6 yrs and up	Jun 12	Thu	5:00 pm
Act#: 4376 Jun-H	6 yrs and up	Jun 12	Thu	6:00 pm
Act#: 4376 Jun-I	6 yrs and up	Jun 19	Thu	3:00 pm
Act#: 4376 Jun-J	6 yrs and up	Jun 19	Thu	4:00 pm
Act#: 4376 Jun-K	6 yrs and up	Jun 19	Thu	5:00 pm
Act#: 4376 Jun-L	6 yrs and up	Jun 19	Thu	6:00 pm
Act#: 4376 Jun-M	6 yrs and up	Jun 26	Thu	3:00 pm
Act#: 4376 Jun-N	6 yrs and up	Jun 26	Thu	4:00 pm
Act#: 4376 Jun-O	6 yrs and up	Jun 26	Thu	5:00 pm
Act#: 4376 Jun-P	6 yrs and up	Jun 26	Thu	6:00 pm

## JULY

Act#: 4376 Jul-A	6 yrs and up	Jul 3	Thu	3:00 pm
Act#: 4376 Jul-B	6 yrs and up	Jul 3	Thu	4:00 pm
Act#: 4376 Jul-C	6 yrs and up	Jul 3	Thu	5:00 pm
Act#: 4376 Jul-D	6 yrs and up	Jul 3	Thu	6:00 pm
Act#: 4376 Jul-E	6 yrs and up	Jul 10	Thu	3:00 pm
Act#: 4376 Jul-F	6 yrs and up	Jul 10	Thu	4:00 pm
Act#: 4376 Jul-G	6 yrs and up	Jul 10	Thu	5:00 pm
Act#: 4376 Jul-H	6 yrs and up	Jul 10	Thu	6:00 pm
Act#: 4376 Jul-I	6 yrs and up	Jul 17	Thu	3:00 pm
Act#: 4376 Jul-J	6 yrs and up	Jul 17	Thu	4:00 pm
Act#: 4376 Jul-K	6 yrs and up	Jul 17	Thu	5:00 pm
Act#: 4376 Jul-L	6 yrs and up	Jul 17	Thu	6:00pm
Act#: 4376 Jul-M	6 yrs and up	Jul 24	Thu	3:00 pm
Act#: 4376 Jul-N	6 yrs and up	Jul 24	Thu	4:00 pm
Act#: 4376 Jul-O	6 yrs and up	Jul 24	Thu	5:00 pm
Act#: 4376 Jul-P	6 yrs and up	Jul 24	Thu	6:00 pm
Act#: 4376 Jul-Q	6 yrs and up	Jul 31	Thu	3:00 pm
Act#: 4376 Jul-R	6 yrs and up	Jul 31	Thu	4:00 pm
Act#: 4376 Jul-S	6 yrs and up	Jul 31	Thu	5:00 pm
Act#: 4376 Jul-T	6 yrs and up	Jul 31	Thu	6:00 pm

## AUGUST

Act#: 4376 Aug-A	6 yrs and up	Aug 7	Thu	3:00 pm
Act#: 4376 Aug-B	6 yrs and up	Aug 7	Thu	4:00 pm
Act#: 4376 Aug-C	6 yrs and up	Aug 7	Thu	5:00 pm
Act#: 4376 Aug-D	6 yrs and up	Aug 7	Thu	6:00 pm
Act#: 4376 Aug-E	6 yrs and up	Aug 14	Thu	3:00 pm
Act#: 4376 Aug-F	6 yrs and up	Aug 14	Thu	4:00 pm
Act#: 4376 Aug-G	6 yrs and up	Aug 14	Thu	5:00 pm
Act#: 4376 Aug-H	6 yrs and up	Aug 14	Thu	6:00 pm
Act#: 4376 Aug-I	6 yrs and up	Aug 21	Thu	3:00 pm
Act#: 4376 Aug-J	6 yrs and up	Aug 21	Thu	4:00 pm
Act#: 4376 Aug-K	6 yrs and up	Aug 21	Thu	5:00 pm
Act#: 4376 Aug-L	6 yrs and up	Aug 21	Thu	6:00 pm
Act#: 4376 Aug-M	6 yrs and up	Aug 28	Thu	3:00 pm
Act#: 4376 Aug-N	6 yrs and up	Aug 28	Thu	4:00 pm
Act#: 4376 Aug-O	6 yrs and up	Aug 28	Thu	5:00 pm
Act#: 4376 Aug-P	6 yrs and up	Aug 28	Thu	6:00 pm

## Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

## Missed Class Policy

Classes cannot be made up if they are missed by the participant.

# Birthday Parties at the Skatepark



Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County at very affordable rates!

## Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.

Optional Piñata in Cradle \$65 - Includes large size piñata, stuffed with candies and grab bags. Skatepark Staff will operate piñata during party.

- The picnic bench area is decorated and reserved for your party goers.

**Note:** All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

**Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

## Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

## Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email [etniesskatepark@lakeforestca.gov](mailto:etniesskatepark@lakeforestca.gov) or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

## TEEN ACTIVITIES & EXCURSIONS

### S.W.A.G. (Students Working and Advising For Government)



Do you want to make a difference in your community? Do you wish that there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the [Lfteens.com](http://Lfteens.com) webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month. Teens wishing to be a part of the group must go through the application process that includes a registration packet and interview.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center (25550 Commercentre Dr)

For more info call: 461-3450 or e-mail [mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov).

To Apply: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the [www.lfteens.com](http://www.lfteens.com) website.

#### Committee Meetings/New member information nights:

Teens	Jun 11	Wed	6:00-7:00 pm
Teens	Jun 26	Thu	6:00-7:00 pm
Teens	Jul 9	Wed	6:00-7:00 pm
Teens	Jul 24	Thu	6:00-7:00 pm
Teens	Aug 6	Wed	6:00-7:00 pm
Teens	Aug 21	Thu	6:00-7:00 pm

### Teen Battle of the Bands

Attention all Lake Forest rock stars!!! Does your band have what it takes to be crowned "Lake Forest's best"? If you think so, then come down and sign up for a chance to perform in front of your peers at the Etnies Skatepark of Lake Forest. Your band will have a chance at winning some big prizes and maybe a little bit of local recognition. Additional prizes will be awarded to all in attendance, so come on out to see who rocks the hardest in our City.

Fee: \$5 per person to attend event (Band entries FREE)

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info call: 461-3450 or via email at [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov)

**Band Registration Deadline: June 5.**

Teens	Jun 28	Sat	6:00-10:00 pm
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## THE Lounge

*The Lounge will be closed for the summer  
effective Wednesday, June 25*

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. Fridays may become available when the program moves to the new Recreation Center during the 2014-15 school year! **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center (25550 Commercentre Dr)

For more info call: 461-3450 or e-mail [mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov).

**To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.**

**Teens 2014-2015 School Year Mon-Thu 3:30-6:00 pm  
(excluding school holidays)**

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day—creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!





## SUMMER OF FUN TEEN CAMP

Take a week long break from those dog days of summer and experience some of the best amusement parks and attractions Southern California has to offer during your break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going to fun places like Regal Movies, Pump It Up, Boomers, Theme Parks and more! Our fee includes activities, trips, snacks, supplies and transportation. Our camper to leader ratio is 10 to 1. Don't wait! Sign up for this camp fast before you have to go back to school.

Instructor: Lake Forest Recreation Staff

Fee: \$119 – Resident  
\$124 – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4341 12-14 yrs Aug 4-8 Mon-Fri 8:00 am-6:00 pm**  
**Act#: 4230 12-14 yrs Aug 11-15 Mon-Fri 8:00 am-6:00 pm**  
**Act#: 4231 12-14 yrs Aug 18-22 Mon-Fri 8:00 am-6:00 pm**  
**Act#: 4232 12-14 yrs Aug 25-29 Mon-Fri 8:00 am-6:00 pm**

## Magic Mountain

If you like roller coasters and amusement parks, then this is the trip for you. Join us this summer for all the twists, turns and thrills Magic Mountain has to offer! The trip will include admission to the park, lunch and transportation. Stop wasting the summer away and get into the loopy excitement!



Fee: \$55 – Resident  
\$60 – Non-Resident

Location: Magic Mountain, Valencia

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**For more info call: 461-3446 or via email at**  
**[mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov)**

**Act#: 4249 Teens Jun 27 Fri 8:00 am-10:00 pm**

## Kiwanis College Prep Night

Come to the FREE Kiwanis college information night for insight into the application and admissions process. Get information from our panel of experts, answers to questions and feedback from current college students! Registration is not required for this program.

Fee: FREE

Location: City Hall  
(25550 Commercentre Dr)

**Families**

**May 27**

**Tue**

**7:00-9:00 pm**



## COMMUNITY SERVICES

### Shaping Strong and Successful Students at the GET SAFE Academy



The City and the Orange County Sheriff's Department has partnered with GET SAFE, an organization that teaches safety skills and awareness techniques to help kids keep their guard up. Next month, GET SAFE is coming to Lake Forest to offer a free hands-on interactive training to K-6 students!

The GET SAFE Academy curriculum focuses on the physical, mental, and emotional aspects designed to empower kids. Wearing their GET SAFE t-shirts and bracelets, students will hear some important safety and awareness information from experienced trainers, as well as engage in fun activities that help them learn and retain the information needed to avoid unsafe situations and protect themselves.

Fee: Free

Location: Lake Forest City Hall  
(25550 Commercentre Drive)

**To Register: Online or Walk-In only by Friday, May 16.**

**For more info call: The City of Lake Forest Police Services at 461-3548**

**Act#: 4377 5 yrs-Adult May 21-Jun 11 Wed 6:00-7:30 pm**

## Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

**For more info call: The City of Lake Forest Police Services at 461-3530**

**On-going**

**Mon-Thu**

**8:00 am-4:00 pm**

## Sheriff's Team of Active Retired Seniors (S.T.A.R.S.)



The Sheriff's Team of Active Retired Seniors is a senior citizen volunteer program through the City of Lake Forest. It was founded in 1997 to assist the City of Lake Forest and the Lake Forest Police Services. Some of the duties performed by the S.T.A.R.S. are: vacation home checks, business checks, assist in Neighborhood Watch programs, van patrol, radar display board trailer, assist both Code Enforcement and Public Works, City Park Watch, clerical support, special events, and Seniors Offering Support.

### Qualifications:

- Resident of the City of Lake Forest (including Portola Hills and Foothill Ranch).
- Must be willing to donate four to six hours a week.
- Must possess a valid California Driver's License.
- No criminal history.
- Pass an initial physical exam prior to acceptance.
- Provide a letter from their physician stating that the volunteer is currently in satisfactory health and can perform the duties required in the S.T.A.R.S. program.

For more info, contact the S.T.A.R.S coordinator, Chelsea McConnell, at 461-3543.

## Join the Neighborhood Watch Program

Participating in the Neighborhood Watch program is an effective way to reduce crime. The program requires neighbors to look out for each other by calling the police when suspicious activity is observed. This collective effort encourages residents to build a partnership with law enforcement. Participants learn about crime prevention and participate in meetings to discuss ways to improve quality of life issues. Any Lake Forest resident can start a Neighborhood Watch group by calling 461-3545.

### Benefits of Participation:

- Crime Reduction
- Get To Know Your Neighbors
- Community Pride

## Child Safety Restraint Inspection

Any Lake Forest resident interested in child safety restraint inspection can contact The S.T.A.R.S at 461-3548 or Chelsea McConnell at 461-3543.

## Free Mammograms

Did you know...Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women and is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women. The City of Lake Forest is partnering with YWCA North Orange County providing free mammograms, clinical breast exams, and breast self-exam education for low income, uninsured women 40 years and older.

Fee: Free

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

Appointments and questions call: The YWCA North Orange County (714) 871-4488, Ext. 207

Adult Women    Jun 13    Fri    8:00 am-1:00 pm

# SENIOR PROGRAMS



Senior Scene – Clubhouse for Seniors Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at [bsilvey@lakeforestca.gov](mailto:bsilvey@lakeforestca.gov).

# HEAT WATCH

During the summer months (July through September) the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees).

Decision to extend clubhouse hours will be made by 1:00 pm on the particular affected day.



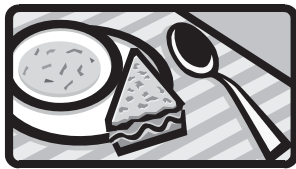
### 4th of July Parade Float

The City's 23rd Annual 4th of July Parade will be here before you know it! Last year, and prior years, the Senior Scene Club-house has been a participant in the parade. In fact, due to your creativity and decorating skills, last year our float received the "Best of Lake Forest Award!" Do Lake Forest Seniors Rock or what? This year's parade theme is "Life Liberty Lake Forest!" **If you would like to help decorate or ride on the float, please call 461-3408 on Monday, June 2 and leave your name and phone number. (Space is limited to ride on the float.)**



### Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.** Fee: \$4.50 suggested donation is requested per participant



Location: Lake Forest Community Center  
(25550 Commercentre Dr)

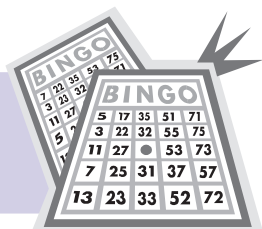
**For more info or to register call: The City of Lake Forest at 461-3445**

<b>Seniors</b>	<b>On-going</b>	<b>Mon-Wed</b>	<b>11:30 am</b>
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**B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!**

<b>Seniors</b>	<b>On-going</b>	<b>Mon-Thu</b>	<b>10:00 am-2:00 pm</b>
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**THURSDAYS**  
**10:30 am: Bingo**  
**12:00 pm: Hot Lunch**



## Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP . . . . .	888-687-2277
ACCESS (Reservations/Information) . . . . .	877-628-2232
ACCESS (Eligibility) . . . . .	714-560-5956
Age Well Senior Services, Inc. . . . .	855-8033 (formerly South County Senior Services)
City of Lake Forest City Hall . . . . .	461-3400
Council on Aging . . . . .	714-479-0107
Disabled Housing Information . . . . .	800-510-2020
Elder/Disabled Adult Abuse . . . . .	800-451-5155
HiCap Services . . . . .	800-434-0222
Human Services Information . . . . .	2-1-1
Irvine Valley College/Emeritus . . . . .	451-5555
Meals on Wheels . . . . .	380-0155 ext.12
Medicare Fraud Hotline . . . . .	800-447-8477
OCTA (Transportation) . . . . .	800-636-7433
Office on Aging . . . . .	800-510-2020
Orange Caregiver Resource Center . . . . .	800-543-8312



## Introducing the Senior Advisory Board of 2014



**Sandy Stang**  
Chair



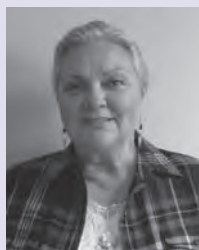
**Myron Drinkwater**  
Vice Chair



**Betty Atwell**



**Marty Deutschman**



**Beverley Ford**

The City of Lake Forest Senior Advisory Board is committed to support and serve the senior citizen population in our community, with a focus on health, education, optimal aging and well-being. The Board's role is to serve in an advisory capacity to the Parks and Recreation Commission for the purpose of providing the Commission with information on all issues of importance to senior citizens.

## Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.



# TRANSPORTATION NEWS

## Senior Transportation, An Easier Way To Go!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.

## Senior Mobility Program Expansion

It's been a long time coming...but it's here! The City of Lake Forest is thrilled to announce the expansion of its Senior Mobility Program through an OCTA grant.

This is how it works! You must pre-purchase taxi vouchers at City Hall.

### You must be

- Lake Forest resident
- 60 years of age or older

### How to purchase taxi vouchers

- Proof of residency (driver's license or current utility bill)
- Proof of age (driver's license, passport or birth certificate)

### Where to purchase taxi vouchers

- City Hall – 25550 Commercentre Dr., Lake Forest (2nd Floor)

### When

- Beginning Tuesday, June 3
- 8:00 am-5:00 pm (closed alternating Fridays)
- Cash or checks only – no credit cards

### Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$5.00 one way

### Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$10.00 one way – Saddleback Memorial Hospital
- \$14.00 one way – South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

**Please note: Taxi vouchers are non-refundable, non-transferrable and valid one year from date of purchase**

**For additional information call 461-3450.**

## Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



## Want Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to [mnorment@lakeforestca.gov](mailto:mnorment@lakeforestca.gov).

## Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. **Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**



**Please note: There is no instructor on-site.**

Fee: Free!

Location: Lake Forest Community Center, Computer Lab  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450**

**Seniors      On-going      Mon-Thu      10:00 am-2:00 pm**

## Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!



Fee: Free!

Location: Lake Forest Community Center,  
Activities Room  
(25550 Commercentre Dr)

# HICAP

## Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

*What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?*

**HICAP CAN HELP YOU!** HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**To Make An Appointment,  
Please Call 461-3408 And Leave  
Your Name And Phone Number.**

Appointments are available from 10:00 am-2:00 pm on the **second Tuesday** of the month: June 10, July 8 and August 12.

## Out of Africa Safari Party



"Out of Africa" more like "In Lake Forest!" The good thing about this safari...you won't need a passport, no long flight, no malaria shot, no mosquitos, and no fear of being attacked by wild animals. Dress in your favorite safari wear...camouflage, animal prints (zebra, giraffe, leopard), khakis, hats, shorts, or dress as your favorite animal (if you dare). You will feast on wild game (beef or chicken), dance to tribal tunes (OK...tunes from our DJ), and opportunity prizes (you could walk away with your own zebra). You will have a wild time!

Fee: \$10 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4440

Seniors

Aug 1

Fri

4:00-7:00 pm



## Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,  
El Toro Room  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Jun 19	Thu	9:30 am	<i>Mrs. Lincoln's Dressmaker</i> Jennifer Chiaverini
Jul 17	Thu	9:30 am	<i>The Art Forger</i> Barbara A. Shapiro
Aug 21	Thu	9:30 am	<i>The Story Teller</i> Jodi Picoult

## Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$63; Non-residents – \$78

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 632-0300

Session 70 Seniors Jul 17-Aug 21 Tue or Thu only **TEE TIMES**  
7:45-8:15 am

## Senior Bowling League at Forest Lanes



Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)  
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

Seniors On-Going Fri 1:00-3:30 pm

## AARP Driver Safety - Refresher Course

This instructional class is for the mature driver (50+) who has taken the course within the last four years. You will learn better driving techniques, will save on auto insurance. and help to maintain mobility and independence after completing this great course.

Fee: \$15.00 (AARP members; \$20.00 non members) –  
1 Class session (check made payable to AARP)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration is available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 4385 Seniors Jul 12 Sat 8:30 am-1:00 pm



## EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***

### Real Pirates: The Untold Story of the Whydah from Slave Ship to Pirate Ship, & Shopping at Old Town San Diego

Real Pirates tells the true story of the Whydah – a real pirate ship that sank off the coast of Cape Cod nearly 300 years ago. The exhibit at the San Diego Natural History Museum showcases over 200 artifacts including treasure chests of gold coins, jewelry, cannons, pistols, knives, and a life-size replica of the ship's stern you can board. Enjoy an audio tour providing unprecedented glimpses into the unique economic, political, and social circumstances of the early 18<sup>th</sup> century. One of the most striking artifacts on view is the ship's bell, inscribed "Whydah Gallery 1716, which was used to authenticate the shipwreck site. Throughout the immersive 10,000 square-foot exhibition, you will experience the perils and privileges of life during the "Golden Age of Piracy." You will have an opportunity (your choice) to view the Oceans Oasis 2D movie. After the museum, you will board the bus and head to Old Town where you can dine on your own (or bring your lunch) and shop.

Fee: \$51 per person

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4386 Adults/Seniors Jun 27 Fri 8:00 am-6:00 pm**

### Barona Casino & Resort – Lakeside, San Diego

Did you know...Barona Casino has the certified loosest video poker, Blackjack and Roulette in all of San Diego providing you with more chances to hit the jackpot? There are 2,000 slot machines and more than 80 table games to choose from ensuring that there will never be a dull moment as you try your luck at each station. The game tables include favorites like Let it Ride, Three-Card Poker, and Pai Glow. By showing your Club Barona card, you will receive a 20% discount toward the scrumptious buffet.

Fee: \$10.00 per person

Departure Location: Lake Forest Community Center (25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#:4387 Adults/Seniors Jul 23 Wed 9:00 am-6:00 pm**

## SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

### Registration For Senior Emeritus Classes Only

**To register for the Emeritus Classes the following options are available.**

**On-Line Registration** log onto [www.123getsmart.com](http://www.123getsmart.com).

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
- **RETURNING STUDENTS ONLY:** Enter your "Account number and Pin Number"
- **NEW STUDENTS ONLY:** Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
- The class will now be added. You can select under the "Client" column whom you would like registered in the course.
- Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

### Phone Registration

- Call 949-451-5555 Monday through Friday 9:00 am-5:00 pm

### Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

**Fax form to IVC:** 949-451-5270

## Fitness

### It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club  
(24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7598 Seniors May 8-Jun 26 Thu 10:00-11:30 am**

### Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7583 Seniors May 13-Jul 29 Tue 12:30-2:00 pm**

### Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club  
(24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7622 Seniors May 6-Jun 24 Tue 10:00-11:30 am**

## Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club  
(22921 Ridge Route)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7551 Seniors May 27-Jul 15 Tue 2:00-3:30 pm**

**Tic#: 7552 Seniors May 29-Jul 17 Thu 2:00-3:30 pm**

**Tic#: 7555 Seniors Jul 22-Aug 12 Tue 2:00-3:30 pm**

**Tic#: 7556 Seniors Jul 24-Aug 14 Thu 2:00-3:30 pm**

## Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7642 Seniors Apr 23-Jul 9 Wed 1:00-2:30 pm**

## Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7631 Seniors May 28-Jul 16 Wed 9:00-10:30 am**

## Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7632 Seniors May 28-Jul 16 Wed 10:30 am-12:00 pm**

**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.



## *Coming This Fall...*



### **Autumn Harvest Festival**

**Saturday, October 11  
4-9 pm**



### **Haunt at Heritage Hill**

**Friday, October 17 *AND*  
Saturday, October 18  
6-10:30 pm**



### **Hallow's Eve Bowl Jam**

**Saturday, October 25  
5-10 pm**



*Check your Fall Leisure Times at the end of July for more info!*



# HOW TO REGISTER

## Summer 2014 Registration Dates

Lake Forest Residents: Tuesday, May 13

Non-Residents: Tuesday, May 20

The image shows a sample of the 'City of Lake Forest - Community Services Division Program Registration Form'. It includes fields for 'PRIMARY CONTACT' (Last Name, First Name, Email, City, State, Zip, Work Phone, Home Phone, Emergency Phone), 'Child' information (Last Name, First Name, Birthdate, Sex), and a section for 'Additional Registrants'. There are checkboxes for 'Male' and 'Female' for both the contact and child.

## 3 easy ways to register:

### 1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, May 13**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



## Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

### 2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

**Mail to:** City of Lake Forest, Attn: Program Registration,  
25550 Commercentre Drive, Suite 100  
Lake Forest, CA 92630



### 3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.



**Questions on Registration? Call 461-3450**



# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Male ☐ Female  
 Birthday \_\_\_\_\_ (mm/dd/yy) \_\_\_\_\_ Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Preferred Contact Phone Number ( ) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

\_\_\_\_\_  
Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

Questions on  
Registration?  
Call 461-3450



**Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.**

Office Use Only    Receipt# \_\_\_\_\_    Paid by Check# \_\_\_\_\_    Paid by Cash Amount \_\_\_\_\_    Initial/ Date \_\_\_\_\_    Conf \_\_\_\_\_

*Credit Card Payments are not accepted at City Hall*





# "Cache" Summer Fun!



## GEOCACHING *in Lake Forest* *All Summer Long!*

**W**hat is Geocaching? A fun scavenger-hunt activity where you search for cache, or treasure, in designated locations.

This summer, we will feature a "cache of the week" at one of our parks. Clues will be given on [geocaching.com](http://geocaching.com) and our Facebook page. We will select a winner at the end of each week and award prizes. The grand prize winner will be selected the week of

September 1, after the program officially ends. Grand prize will include a special basket of local fun and goodies!

**H**ere's the "Cache!" In order to be eligible for an opportunity prize, you must register for this activity and provide us with your contact email address.

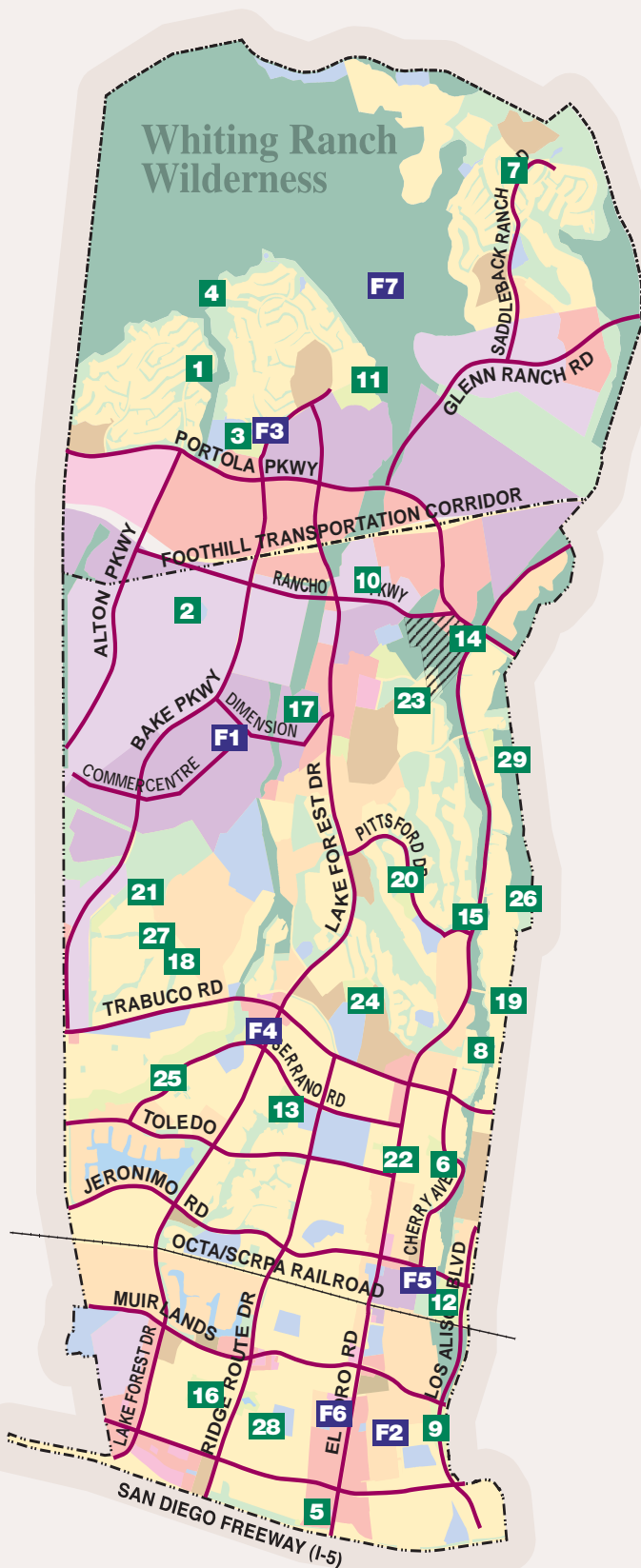
See page 4 inside for more info.



GEOCACHING

**Parks  
Make  
Life  
Better!**





## CITY PARKS

		Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic	Playground	Restrooms	Soccer	Tennis Court	Walking Path
	<b>1 Alton Park</b> 18992 Alton Parkway	2.3	4	1	1	1	1	9	1				
	<b>2 Baker Ranch Community Park</b> 26380 Rancho Parkway	8	2	1	1	1	2	1	1	1			
	<b>3 Borrego Park</b> 26982 Cabriole	11	5	1	1	1	11	1	1	1			1
	<b>4 Borrego Overlook Park</b> 21 Viaggio Lane	1.6	3				5	1					
	<b>5 Cavanaugh Mini Park</b> 23782 Cavanaugh Road	0.2		1	1	1	1	1					
	<b>6 Cherry Park</b> 22651 Cherry Avenue	4.5	3	1	1	1	9	1					
	<b>7 Concourse Park</b> 18931 Saddleback Ranch Road	7	2	1	1	1	4	2	1				1
	<b>8 Darrin Park</b> 22461 Cherry Avenue	3.1	6	1	1	1	11	1					
	<b>9 El Toro Park</b> 23701 Los Alisos Boulevard	10	2			1	7	1	1			2	
	<b>10 Etnies Skatepark of Lake Forest</b> 20028 Lake Forest Drive	5.3					3		1				
	<b>11 Foothill Ranch Community Park</b> 19422 Rue De Valore	15.5	2	1	1	1	9	2	1	1	2	1	
	<b>12 Heroes Park</b> 25420 Jeronimo Road	12.4	1	4			2		1	2			
	<b>13 Lake Forest Park</b> 24000 Serrano Road	2.3					1						
	<b>14 Lake Forest Sports Park/Recreation Center</b> 28000 Rancho Parkway	86	8	4	2	3	1	8	2	2	2	1	
	<b>15 Montbury Park</b> 21962 Montbury Drive	3.5	1				2						
	<b>16 Mountain View Park</b> 24061 Dylan Street	5.3	2	1	1	1	9	2	1		2		
	<b>17 Nature Park</b> 26215 Dimension Drive	4.5					7	1					1
	<b>18 Peachwood Park</b> 21132 Peachwood	2.7					5	1					
	<b>19 Pebble Creek Park</b> 26441 Pebble Creek Road	1.9					1	1					
	<b>20 Pittsford Park</b> 21701 Pittsford Drive	10	2				8	2	1		2	1	
	<b>21 Rancho Serrano Park</b> 20842 Paseo Sombra	5.1	3				7			1			
	<b>22 Ranchwood Park</b> 22500 Killy Street	1.9		1	1			1					
	<b>23 Regency Park</b> Regency Lane & Osterman Road	5								1			
	<b>24 Rimgate Park</b> 29772 Rimgate	5	1	1	1	1	7	3				1	
	<b>25 Serrano Creek Park</b> 25101 Serrano Road	44	3				13	1	1				1
	<b>26 Sundowner Park</b> 22041 Sundowners Lane	0.8	1				2	1					
	<b>27 Tamarisk Park</b> 22001 Tamarisk	11.2		1	1	1	11	1					
	<b>28 Village Pond Park</b> 23102 Ridge Route Drive	4.7					3						
	<b>29 Vintage Park</b> 21000 Vintage Street	4.8	5	1	1	1	11	1					

geocache location

park shelter available for reservation



under construction



renovation in progress

• fc full court  
• hc half court  
• L lights  
• s shelter

## OTHER FACILITIES

<b>F1 City Hall</b>	25550 Commercentre #100	461-3400
<b>F1 Community Center</b>	25550 Commercentre	461-3450
<b>F2 El Toro Library</b>	24672 Raymond Way	855-8173
<b>F3 Foothill Ranch Library</b>	27002 Cabriole	855-8072
<b>F4 Heritage Hill Historical Park</b>	25151 Serrano Road	923-2230
<b>F5 Lake Forest Golf</b>	23308 Cherry Avenue	859-1455
<b>F6 El Toro Post Office</b>	24522 Raymond Way	837-1976
<b>F7 Whiting Ranch Regional Park</b>	Trabuco Canyon	923-2245

# LAKE FOREST SPORTS PARK!

*Rendering of Completed  
Sports Park and Recreation Center*



## Coming Fall 2014!



New Recreation Center Progress



Concession Stands



Baseball Dugouts



Park Gazebos

For updates, visit  
<http://www.lakeforestca.gov>

**Parks  
Make  
Life  
Better!**